**Weetbix Cookies **

**Ingredients:**

2 Weetbix, crushed

1/4 cup rolled oats

1/2 cup wholemeal flour

50 grams brown sugar

25 grams butter

1 tablespoon golden syrup

½ teaspoon bicarbonate of soda

3 tablespoons boiling water

Can add 1 of these choices:

¼ cup choc bits

¼ cup dried fruit, apricots diced, sultanas, currents, cranberries etc

¼ cup seeds or nuts

¼ cup coconut

**Method-**

Preheat oven to 160deg

1. Mix together Weetbix, rolled oats, flour, sugar until well combined. (add choice of above now)
2. Place butter and golden syrup in a small saucepan and heat gently on a low heat until melted.
3. Mix bicarbonate of soda and water together in a small jug then pour into butter/golden syrup mixture. Add to dry ingredients and stir to combine.
4. Place tablespoon of mixture onto baking trays lined with baking paper.
5. Bake at 160 deg for about 12 minutes for chewy biscuits or 15 minutes for crunchier biscuits.

Makes 12

 **Mini Frittatas**

**Ingredients:**

2 eggs

¼ cup milk

3 tablespoons of flour

½ teaspoon salt

Shake of pepper

Choice of 2 added ingredients:

¼ cup of vegetables frozen or fresh

¼ cup grated cheese

2 tablespoons of finely diced onion

1 teaspoon of herbs (any)

¼ cup chopped bacon / ham

**Method:**

1. Preheat oven to 180 and spray a 6- hole muffin tray with oil.
2. In a large bowl whisk with a fork; the eggs, milk, flour, salt and pepper until well mixed.
3. Add choice of other ingredients to mixture and stir in.
4. With a large spoon share mixture evenly into muffin tray.
5. Bake in oven for 15 mins at 160 deg or until light golden brown and cooked.

Makes 6

**Delicious bliss balls**

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**INGREDIENTS**

* 15 dates
* ¼ cup shredded coconut (plus 2 tablespoons of shredded coconut extra for rolling)
* 1 tablespoon coconut oil
* 1 tablespoon cocoa powder
* 2 tablespoons rolled oats and /or 1/2 crushed weetbix
* 1 tablespoon currents/sultanas
* 3 finely chopped apricots
* 1 tablespoon sunflower seeds/poppy seeds/sesame seeds (optional)

**METHOD**

* **Step 1**

Place dates in a dessert plate and cover with boiling water. Stand for 20 minutes. Drain in a colander.

* **Step 2**

Mash dates with a fork then add and combine shredded coconut, coconut oil, cocoa powder, rolled oats, currents, apricots and sunflower seeds until mixture comes together. Leave to stand for 10 minutes.

* **Step 3**

Place remaining 2 tablespoons coconut in a small dish.

* **Step 4**

Roll level tablespoons of mixture into balls and then roll in coconut to coat.

Makes 8-10