

Oat and bran biscuits

Makes 50

- 175g soft butter, plus extra for greasing**
- 180g caster sugar**
- 100g brown sugar**
- 1tsp baking soda**
- 1tsp ground cinnamon**
- 1 egg**
- 125ml sunflower oil**
- 4tbsp golden syrup or honey**
- 1tsp vanilla essence**
- 375g plain flour**
- 60g bran**
- 250g rolled oats**

- 1 Preheat the oven to 180°C/gas mark 4 and lightly grease two large baking sheets.
- 2 In a large bowl, soften the butter with an electric beater, or beat with a wooden spoon, for one to two minutes. Add the white and brown sugar, baking soda and cinnamon, and beat to combine for another two minutes.
- 3 In a separate bowl, whisk the egg, oil, golden syrup or honey and vanilla essence together until well combined, then add to the butter mixture.
- 4 Stir in the flour and bran, and then the rolled oats. Make sure the mixture is well combined.
- 5 Put large spoonfuls of the mixture on the prepared baking sheets and flatten each slightly with the back of a spoon.
- 6 Bake in the oven for 12 to 15 minutes, or until golden brown. Cool slightly on the baking sheet before transferring to a wire rack to cool completely. Store in an airtight container.

Fat	6g	Saturated fat	2g	Energy	124kcal
Protein	2g	Sodium	0g	Fibre	1g
				Carbs	17g



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