



Season:	Year round
From the garden:	Apples
Type:	Snack/Dessert
Difficulty:	Easy
Serves:	50 small cookies
Source:	Alba Micheli, Kitchen Specialist, Cashmere Primary Te Pae Kererū

Equipment

- Clean tea towel
- 1 large mixing bowl
- 1 medium bowl
- Box grater
- Vegetable knife
- Rubber spatula
- Wooden spoon
- Baking trays
- Baking paper
- Measuring cups and spoons
- Fork
- Wire rack

Ingredients

- 2 teaspoon of baking powder
- 2 cups of flour
- 2 cups of rolled oats
- 1 cup of desiccated coconut
- ½ cup of pumpkin seeds
- 1 ½ cups of sultanas
- 2 teaspoons of cinnamon
- 6 small apples
- 1 cup of coconut oil, extra virgin olive oil or other good quality oil (see notes)
- 5 Tablespoons of apple syrup or honey or malt or brown rice syrup

How to make it

1. Preheat oven to 180°C. Line two baking trays with baking paper.
2. Wash apples and allow to dry on a clean tea towel.
3. Carefully slice apples in half and then remove core with a vegetable knife. **Caution – sharp! Ask an adult to help you with this.**
4. Grate apples with their skin on into the medium sized mixing bowl. **Caution – box graters can be sharp! Ask an adult to help you with this.** Top apples with coconut oil and apple syrup and set aside.
5. In the large mixing bowl combine baking powder, flour, oats, coconut, pumpkin seeds, sultanas and cinnamon.
6. Add the apple mixture to the dry ingredients and stir till mixed through.
7. Roll tablespoons of the mixture into balls and place on lined baking trays then flatten with a fork so they are about 1 cm thick.
8. Carefully place in oven and bake for 15 minutes or until lightly golden. **Caution – hot! Ask an adult to help you with this.**
9. Carefully remove from the oven and allow to cool on a wire rack. **Caution – hot! Ask an adult to help you with this.** Enjoy!

Notes:

- These cookies are a favourite at Cashmere Primary School.
- You can vary the ingredients based on what you have in the cupboards e.g. swap out sultanas for raisins, pumpkin seeds for sunflower seeds etc.
- If you find your coconut oil is hard place the jar in hot water for 5-10 minutes till soft.

Skills:

- Grating, shaping, mixing, **baking***, rolling
- * Baking: to cook food in an oven