HEALTHY COOKIES



- The preparation of cookies with superfine wholegrain general purpose flour will surely be a new experience in most homes.Cookies are high in nutritional values due to the
- combination of wheat and oats in the production of this flour.
- Healthy Cookies are Ideal for those who are health conscious and it can be a homemade delicacy either as a snack or for breakfast.

Utensils / Equipment

- Beater -Making the batter
- Piping Bag -Piping the batter
- Tray -Laying the cookies
- Oven -Baking

INGREDIENTS

	Ingredient	Weight (g)	Steps	Remark
1	SFWG General Purpose Flour	500	4	
2	Icing Sugar	350	1	
3	Margarine	175	2	
4	Eggs	150	3	
5	Vanilla	10	5	

PREPARATION

Process

1. Preheat the oven for 20 minutes at 180 C
2. Mix the margarine and icing sugar till the batter get soft while adding eggs gradually
3. Then add SFWG G Purpose flour and oats onto the batter and mix slowly until bater is developed
4. Add vanilla while further mixing
5. Pipe the batter onto a greased tray
6. Bake for 20 minutes at 180 c

Garnish

1. Surrounded by dates
2. Use concept of a health/breakfast bar because the WG cookies are chewy.

Critical Points

1. How to add eggs while mixing the batter
2. Folding the flour with the batter
3. Piping the batter on to the tray
4. Breaking the cookie to show the softness of the cookie