

Oatie Biscuit

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
340g	Margarine
170g	Caster Sugar
170g	Self-Raising Flour (contains Wheat)
340g	Rolled Oats (contains Oats)



Method

1. Lightly oil baking trays.
2. Combine/cream the margarine and sugar.
3. Sift the flour and incorporate into the mixture.
4. Add the oats and blend together.
5. Per biscuit - place a heaped teaspoonful of the mixture on the trays and flatten slightly.
6. Bake at 180° C, 350° F Gas Mark 4 for 15 minutes.

Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 248.7	= 15.5	= 2.9	= 8.9	= 9.1	= 0.4	= 26.4

Portion size - Primary – 50g