



Oat Cookies

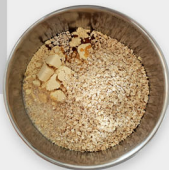
Visual Recipe
by DAREBEE
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7oz - 200g oat flakes (quick oats)
1 cup - 4oz - 120g flour
1 ½ cup - 10oz - 300ml milk
2oz - 60ml maple or date syrup
2 tbsps - 1oz - 30g ground flax seeds

LEVEL UP! Add ¼ tsp ground nutmeg
and ½ tsp cinnamon.

16 COOKIES

1



2



3



4



INSTRUCTIONS

1. Preheat the oven to 360°F (180°C) bottom heat. Combine all of the ingredients in a mixing bowl.
2. Mix well until combined and dough-like.
3. Split into 16 portions and shape into cookies.
4. Bake in the oven for 20 minutes. Allow to cool completely before serving.