

A close-up photograph of a stack of several cookies. The cookies are golden-brown with a textured, slightly crumbly appearance, suggesting they might contain ingredients like oats or nuts. They are stacked on a light-colored wooden surface. The lighting is warm and focused on the stack, with some cookies in the foreground slightly out of focus.

No-added-sugar
Date Cookies

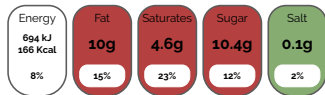
WAYS  WELL

No-added-sugar Date Cookies

Vegetarian and Source of Fibre | Contains nuts, milk and sulphites

MAKES 10 COOKIES

Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)
Typical values per 100g: Energy 1593kJ/381Kcal

.....

INGREDIENTS:

140g chopped dates
30g desiccated coconut
70g oats
70g blanched almonds
50g butter
1 orange, juiced

.....

METHOD:

1. Preheat the oven to 170C.
2. In a food processor combine all the ingredients and blend to create a dough (only use enough orange juice to create a firm dough, add a little then more until you have the right consistency).
3. Roll the dough into a log, wrap in cling film and place into the fridge to chill for 20 minutes.
4. Slice the dough into 10 rounds (roughly 3mm thick) and bake in the oven on a baking parchment lined sheet for 15-20 minutes.
5. Remove from the oven and allow to cool for a few minutes before moving to a wire rack to completely cool.
6. Store in an airtight container.