

Festive Fun!

These Gingerbread Stars are the perfect healthy festive treat!

Gingerbread Stars Serves: 20 children

Ingredients

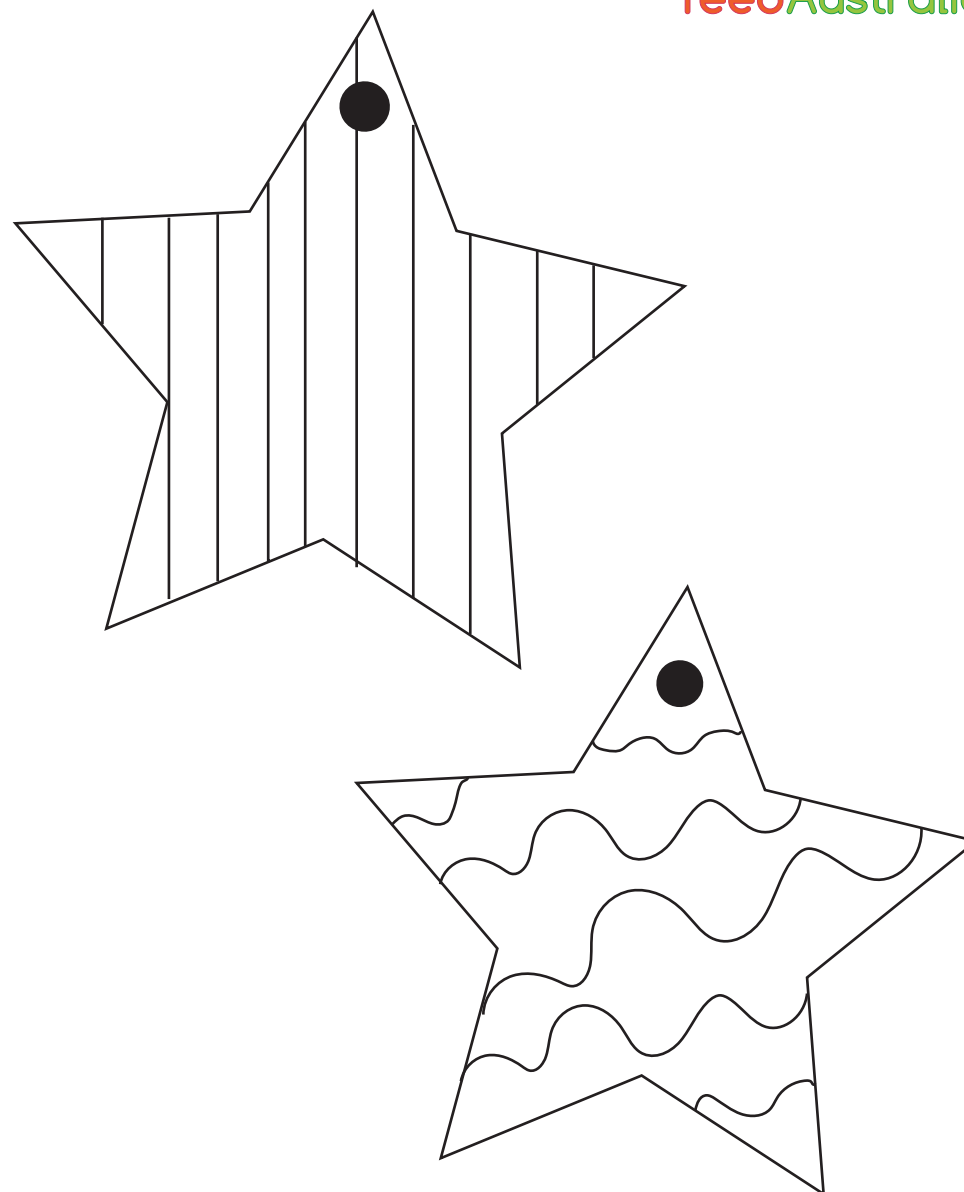
Name	Amount	Unit
Rolled oats, raw	175	g
Water	2	tbs
Cinnamon, ground	0.5	tsp
Dried ginger, ground	1	tsp
Grated or desiccated coconut	40	g
Honey	2	tbs
Nut, almond, without skin, blanched, no added salt	60	g
Nutmeg, ground	0.25	tsp
Vanilla extract	1	tsp
Oil, macadamia	2.5	tbs

Method

- 1) Preheat your oven to 150°C / 300°F, fan-forced.
- 2) Use a food processor to combine oats, coconut, almonds, ginger, cinnamon and nutmeg.
- 3) Add the oil, honey and vanilla.
- 4) Mix well for about 10 – 15 seconds or until combined.
- 5) Add the water and process again. The addition of water will help the mixture stick together.
- 6) Dust your work surface with flour and roll out the mixture to around one centimetre thick.
- 7) Cut into 20 small stars and place onto a baking tray lined with baking paper.
- 8) Flatten down with enough room around each star.
- 9) Bake for 20 -30 minutes in a low oven at 150°C / 300°F, or until golden brown.
- 10) Allow to cool completely and decorate as you please.
- 11) Store in an airtight container and enjoy for up to 5 days.

Gluten-free option

You can use rolled quinoa flakes in place of the rolled oats in this recipe to make them gluten free.



...And while you're waiting for your cookies to bake, why not colour these shapes with your favourite festive colours? Cut them out and use a hole punch and ribbon to turn them into homemade decorations for your tree!