

Gingerbread Stars Serves: 20 children

Ingredients

| Name | Amount | Unit |
|--|--------|------|
| rolled oats, raw | 175 | g |
| water, bottled, non-sparkling | 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, artificial | 1 | tsp |
| oil, macadamia | 2.5 | tbs |

Method



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- 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.

Servings per food group

Breads, Cereals, Rice and Pasta: 0.3

Nutritional facts



| Name | Per Serve/Per Child | Per 100g |
|----------------------|---------------------|-----------|
| Energy | 400.4 kJ | 1891.1 kJ |
| Protein | 1.7 g | 8.2 g |
| Fat - total | 6.3 g | 29.5 g |
| Carbohydrate - total | 7.5 g | 35.6 g |
| Carbohydrate - sugar | 2.3 g | 11.1 g |
| Sodium | 1.5 mg | 7.3 mg |

