

## Crunchy Energy Cookies

### Ingredients:

- 1 cup flour
- 1 cup oats
- 1 cup castor sugar
- 2 tsp cinnamon
- ½ cup mixed dried fruit
- ½ cup nuts
- 125g butter
- 2 tbsp golden syrup
- ½ tsp baking soda
- 1 tbsp boiling water

### Method:

1. Preheat the oven to 150°C.
2. In a large bowl mix flour, oats, sugar, cinnamon, fruit and nuts.
3. Melt together the butter and golden syrup.
4. In a separate bowl, mix baking soda and water, then add to melted butter and syrup.
5. Stir in to dry ingredients and mix.
6. Roll into small balls and flatten with your fingers. Bake for 20 minutes.

This is one of my closest family friend's recipes and they taste delicious. If you get to the afternoon and feel like you need a little boost in energy then these cookies are for you! They are very filling and will keep you going for a long time. As we are all in lockdown and doing school from home, this is the perfect brain food and yummy treat to fuel your body and mind throughout the day.