

## RIDE COOKIES – Apricot & Yoghurt

### INGREDIENTS (makes 16-20)

- 175g plain flour
- 1 tsp baking powder
- 2 tsp cinnamon
- 75g rolled oats
- 75g brown sugar
- 115g dried apricots (chopped)
- 1 Tbsp flaked almonds
- 165g natural yoghurt\*
- 45mL oil (sunflower/peanut etc)
- OPTIONAL: 100g block 70% cocoa chocolate^



### METHOD

1. Pre-heat oven to 180°C; grease/line 1 baking tray
2. In a mixing bowl, sift the flour, baking powder & cinnamon. Stir in oats, sugar, apricots & nuts
3. Beat together the yoghurt & oil, then add to the flour mixture – stir until well combined
4. Use your hands to roll small balls (approx 16-20), place on the tray & flatten
5. If adding the chocolate^ add some chunks to the top of the cookies before baking
6. Bake for 15-20 minutes, or until golden.
7. Cool & eat!

\*Jalna 'Low fat' natural (light blue lid)

^Green & Black's Organic 70%