

Cookies

Ingredients

120g oats – check fat content on label

210g self-raising flour

30g custard powder – check fat content on label

6 tablespoons MCT Oil

90g soft brown sugar

3 tablespoons golden syrup

2 egg whites

1 teaspoon vanilla essence

Pinch of salt

Method

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 4.
2. Mix all ingredients together in a bowl.
3. Place spoonfuls of the mixture, well-spaced to allow for spreading, on a baking sheet.
4. Bake in the oven for 15 minutes.
5. Cool on the baking sheet before removing cookies.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics