

# Boobie Bickies

1 cup self raising wholemeal flour (if you have plain flour, OR 1 cup coconut flour and add 1/2 tsp baking powder)

1/2 cup low fat butter (for a healthier option, use organic, virgin coconut oil instead which is super good for you!)

3/4 cup brown sugar (if wanting to reduce sugar, you could try just 1/2 cup) – I use 3/4 C coconut sugar

2 tablespoons flaxseed meal (can be found at any local health food store)

1 egg

2-3 tablespoons of water (depends if you prefer moister cookies)

1 tablespoon vanilla (optional, for flavour)

1 teaspoon cinnamon (optional, for flavour)

1-2 tablespoons of **brewers yeast** (do not substitute with bakers yeast or any other yeast).

1/2 teaspoon salt (use Himalayan salt if possible)

1 & 1/2 cups oats (get the thicker cut oats if you can)

OPTIONAL: 1/2 cup of your favourite biscuit ingredients – Sultanas, currants, pepitas, chopped dates etc etc

In a large mixing bowl, cream the butter or coconut oil and sugar then add the egg and vanilla. Mix well.

In a separate bowl, combine the flaxseed and water, let sit for a few minutes before adding to mix.

Add the dry ingredients (apart from the oats and your additional ingredients) and mix well again.

Finally, stir in the oats and your additional ingredient.

Make the biscuits (I use a desert spoon as a rough size guide) and place them onto a lightly greased or lined baking tray. Flatten them a little with your fingers or a spatula – if you like a soft centre, don't squish them down too much. If you like you can just make them into balls – I do this and love the soft centre!

Bake for around 10-12 minutes depending on how well cooked/crunchy you like your biscuits – I prefer them a little soft and lightly cooked.