

Less than 1 hour

Makes 20

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Ingredients

- ½ cup (75g) flour (wholewheat or cake)
- Pinch ground cinnamon
- Pinch each baking powder and bicarbonate of soda
- ½ cup (55g) rolled oats
- ⅓ cup (50g) mixed nuts, roughly chopped
- ⅓ cup (50g) pumpkin seeds (optional)
- 3 Tbsp (25g) flaxseeds
- ⅓ cup (about 45g) dried pineapple, roughly chopped
- ⅓ cup (45g) dried cranberries (raisins work well too)
- ⅓ cup (25g) dried coconut flakes + extra for topping
- 1 egg, whisked
- ½ cup (125g) PnP double-cream plain yoghurt
- ½ cup (125ml) coconut oil or butter, melted
- ⅓ cup (100g) honey

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Combine flour, cinnamon, baking powder, bicarbonate of soda and oats in a bowl.
3. Tip in nuts, seeds, dried fruit and coconut flakes.
4. Mix egg, yoghurt, coconut oil or butter and honey in a separate bowl until well combined.
5. Add to dry mixture and mix well.
6. Set aside to thicken slightly for 10 minutes at room temperature.
7. Scoop heaped tablespoon portions of cookie mixture onto tray (leaving a 2cm gap between each dollop).

8. Sprinkle with extra coconut flakes and flatten slightly using the back of a spoon.
9. Bake for 12-15 minutes, or until golden.
10. Transfer to a wire rack and cool until firm.
11. Store in an airtight container for up to 1 week.

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