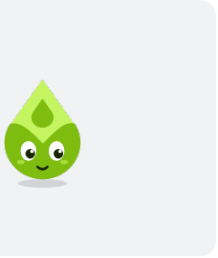
Breakfast, Indian

Crunchy Cinnamon Oat Cookies

Warm cinnamon and roasted oats come together in crisp little cookies gently sweetened with a sugar substitute. Bake a batch and keep them in an airtight jar for easy snacking all week.



Vegetarian | Nut free

50 min	22	2.7 g	0.1 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1/2 cup quick cooking oats , roasted and coarsely powdered
- [ ] 1/2 tsp dalchini (cinnamon) powder
- [ ] 1/2 cup whole wheat flour (gehun ka atta)
- [ ] 2 1/2 tbsp low fat butter , softened
- [ ] 1 1/2 tsp sugar substitute
- [ ] 1/4 tsp baking powder

Method

- [ ] **1** Tip the quick cooking oats, dalchini (cinnamon) powder, whole wheat flour (gehun ka atta), softened low fat butter, sugar substitute and baking powder into a deep bowl and stir everything together.
- [ ] **2** Sprinkle in just enough water to bring the mixture together and knead briefly into a semi-soft dough, taking care not to overwork it.
- [ ] **3** Roll the dough out into a circle measuring 225 mm (9 inches) across and about 6 mm (1/4 inch) thick.
- [ ] **4** Stamp out equal 37 mm by 37 mm (1 1/2 inch) squares, knead the trimmings together well and roll out again, repeating until no dough is left, which should give you 27 pieces in total.
- [ ] **5** Bake the pieces in a preheated oven at 150 C (300 F) for 12 minutes, turn them over and bake for another 22 minutes.
- [ ] **6** Let the biscuits cool completely, then store them in an airtight container, where they will stay fresh for up to a week.

Nutrition Facts

Per serving

Calories	**22**
Total fat	1 g
Saturated fat	Not listed
Sodium	10 mg
Total carbs	2.7 g
Fiber	0.4 g
Total sugars	0.1 g
Protein	0.5 g

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