

Super chewy oat, mango and cardamon spelt cookies

Makes about 15 cookies

Takes about 45 minutes



Ingredients

100g butter, at room temperature

100g golden caster sugar

100g soft light brown sugar

150g white spelt flour

1 large egg

1 teaspoon bicarbonate of soda

1/4 teaspoon cardamon seeds, ground

100g rolled oats

100g dried mango

Directions

Pre heat the oven to gas mark 3, 325°F, 163°C, 143°C fan.

Using an electric whisk, beat the sugar and butter together until smooth and creamy. Add the egg whilst still beating and stop once it's all combined into a smooth mixture.

Sieve the flour onto the mix, along with the bicarbonate of soda and ground cardamon seeds. Mix this into the dough until combined, then add the oats and mango and mix until completely incorporated.

Line a couple of baking sheets with greaseproof paper. Take two tablespoons of cookie dough (or 1 fully rounded spoonful, so there is as much dough on top, as there is in the spoon) and make into a ball. Place the ball of dough on the baking sheet. Repeat until you have run out of dough. Arrange the balls so that there is at least 5cm between them as they will spread out a lot when cooking. You can cook these in separate batches if you don't have enough space on your tray.

Bake for 16-18 minutes, take out of the oven and allow to cool on the tray for a few minutes, then transfer to a wire rack.

Store in an airtight container, or freeze for future use.