

Wholemeal ginger cookies

Takes 30 minutes, makes 16 cookies and uses a baking sheet and electric mixer.

INGREDIENTS

100g butter, at room temperature

150g soft dark brown sugar

1 large egg

100g wholemeal spelt flour

125g oats

2 teaspoons ground ginger

30g very finely grated fresh ginger

1 teaspoon bicarbonate of soda

DIRECTIONS

Pre-heat your oven to gas mark 4, 350°F, 177°C, 157°C fan.

In a medium sized bowl, cream together the butter and sugar with an electric mixer, then add the egg as well. Stir in the remaining ingredients until just combined, don't over-stir.

Place balls of the mixture that are approximately 2 tablespoons onto a greaseproof paper lined baking sheet. Leave plenty of space between them as they will spread as they cook. You will need to cook in batches, unless you have several baking sheets.

Place in the oven for 15-17 minutes then leave to cool for 5 minutes, before moving to a wire rack to cool completely. Store in an airtight container if you don't plan on consuming them all immediately. It's a tough decision to make.

