



MUESLI COOKIES WITH PUMPKIN AND APRICOT

Season:	All year round (if made with frozen pumpkin or banana)
From the garden:	Pumpkin
Type:	Snack
Difficulty:	Easy
Country of origin:	USA
Serves:	30 small cookies
Source:	delicious.com.au

Equipment

- *mixing bowls
- *scales
- *mixing spoon
- *measuring cup and spoons
- *baking trays

Ingredients

- *360g mashed roasted pumpkin
- *1 tsp ground cinnamon
- *2 tsp vanilla extract
- * $\frac{1}{2}$ cup vegetable oil
- * $\frac{1}{4}$ cup honey or maple syrup
- *100g desiccated coconut
- *360g rolled oats
- *100g raisins or dried cranberries
- *100g dried apricots, chopped
- *60g sunflower or pumpkin seeds

Method

1. preheat oven to 160 degrees

- 2. mash the pumpkin with a fork and put it into a large bowl**
- 3. if using honey, warm it in the microwave for 20 seconds to make it runny**
- 4. chop the dried apricots into little pieces**
- 5. mix all the ingredients together, using a spoon to start with, but you may have to use your hands to bind it all together**
- 6. form the mixture into cookies, using wet hands and place them on a baking tray lined with baking paper or lightly oiled. Flatten them slightly**
- 7. bake for around 30 minutes until golden**
- 8. cool and enjoy**

Notes: The pumpkin could be replaced with mashed banana

Skills: measuring, *mixing*, *shaping cookies*