



Members Recipe Book

Diabetic Delight Biscuits

Lorraine Bain

Ingredients

2 cups rolled oats
2 cups wholemeal self raising flour
2 cups "Splenda"
2 eggs, beaten
200g reduced fat margarine, melted
1 ½ cups sultanas
2 tbsp desiccated coconut
A little skim milk

Method:

- Preheat oven to 180°C. Lightly grease and flour 2-3 baking trays, depending on size.
- Combine rolled oats, flour and splenda in a bowl.
- In a separate bowl combine eggs and melted margarine. Slowly add sultanas and coconut.
- Gradually add the dry ingredients, mixing well by hand if necessary. Add a little skim milk if needed to make a heavy, wet dough.
- Roll mixture into balls about 4cm round, place onto prepared trays.
- Cook in preheated oven until biscuits start to brown. About 20 min.