

CINNAMON COOKIES

175g spelt flour

2 tsps ground cinnamon

1/2 tsp baking powder

100ml sunflower oil

100g honey (personally I would not use honey, but you could use an alternative like rice syrup, coconut sugar, maple syrup, etc... and I would reduce the amount)

75g raisins or sultanas or a mix

Sieve flour, baking powder and cinnamon well.

Add the dried fruit. Mix.

Add 'sugar' and oil until you have a thick batter consistency.

On a lined baking tray, place dessert spoons of mixture leaving space for the mixture to spread.

Place in preheated oven (190°C, Fan 170°C, 375°F, Gas 5) for 12 to 15 mins.

Cool and hide...as they are delicious!!!