

Oat biscuit recipe – mentioned in Shelagh’s talk (Ultra-Processed Food – what’s not to love?) at the Monthly Meeting on 15th January 2026.

Ingredients

1 oz = 28 g

6 oz real butter

6oz sugar – unrefined (golden granulated)

1 egg, beaten – free range

10oz oats

5oz self-raising wholemeal flour

Two chunks crystallised ginger, finely chopped

Ground ginger to taste

Emulsifier-free chocolate (I use M&S Collection 75% Dark Chocolate – read the label to be sure you’re getting the right one!) – broken into small chunks.

Method



Pre-heat the oven – 180 deg C. Make them in a pan that’s big enough to hold all the ingredients. Melt the butter, then take off the heat and add the sugar, mixing until the sugar dissolves. Add the oats and flour, and mix thoroughly. Allow to cool slightly before adding the egg, and mix again. Add the chopped crystallised ginger, the ground ginger and the chocolate chunks, and mix.

Mould spoonfuls with your hands into round balls, flatten slightly and place on a greased baking tray, or (quicker and a lot less sticky!) spread the whole mixture into the baking tray to make a flapjack-type tray bake.

Bake at 180 deg C for about 20 minutes, until golden brown. If you’ve opted for the flapjacks, cut into squares while it’s still hot from the oven, but leave in the baking tray until cool enough to handle. Enjoy!

Try these variations, instead of the ginger and chocolate -

Ground almonds

Glace cherry and almond

Dried fruit

Chopped nuts and seeds

Banana

Apple and cinnamon (or just apple, or just cinnamon) – grate the apple

Caraway seeds

Banana and cinnamon

Blueberries

Any other ideas??

