Choc Wheatens

These bikkies are loaded with dietary fibre which helps you to lose weight by making you feel fuller for longer. It slows digestion and causes glucose to be absorbed at a slower rate - eliminating spikes in blood sugar levels, which is important if you are managing diabetes. Fibre also binds to fatty acids, moving them out of the body and lowering LDL (bad) cholesterol. It also hydrates and moves waste through your digestive system.

Makes 20

Ingredients

120g butter, softened

100g rapadura or brown sugar

1 egg

50g rolled oats

30g coconut

150g wholemeal plain flour

1 tsp baking powder

½ tsp bicarb soda

150g dark chocolate, cut into pieces



Method

1. Preheat oven to 170C. Line two baking trays with baking paper and set aside.

2. Place butter and sugar into mixing bowl and mix **20 sec/speed 4**. Scrape down sides of mixing bowl with mixing bowl and repeat **20 sec/speed 4**.

3. Add 1 egg and mix **10 sec/speed 6**.

4. Add rolled oats, coconut, flour, baking powder, and bicarb soda and mix **10 sec/reverse/speed 4**.

5. Roll mixture into balls, about the size of a walnut and place onto prepared trays. Flatted biscuits with a fork, allowing space for biscuits to spread during baking.

6. Bake for 12-15 minutes until golden brown. Remove from oven and allow to cool on trays for 5 minutes. Transfer to a wire rack and allow to cool completely.

7. Place dark chocolate into clean mixing bowl and grate **10 sec/speed 8**. Scrape down sides of mixing bowl with spatula. Heat **3 min/60C/speed 3**. Transfer to a bowl.

8. Dip half of each biscuit into the melted chocolate, allow to set on wire rack in the refrigerator.