



MAIZE MEAL COOKIES

This weeks Recipe of the Week is a simple Maize Meal Cookie. Easy to make and super tasty, they make a great lunchbox snack for school and work. Enjoy.

Ingredients:

1/2 cup unsalted butter

1/2 cup caster sugar

1/4 cup brown sugar

1 teaspoon Australian Vanilla Essence

1 large egg, room temperature

2 teaspoons of honey

1 1/4 cup stoneground unbleached plain wheat flour

3/4 cup organic maize meal

1/2 teaspoon of baking powder

1/4 teaspoon Fine Pink Himalayan Salt

Method:

Preheat the oven to 160°C fan forced. Line two baking trays with baking paper.

In a large mixing bowl, beat the butter and sugars until you have a pale creamy mixture.

Add the egg, vanilla essence and honey and mix again until well combined.

In a separate mixing bowl mix the plain flour and baking powder.

Add the maize meal and salt and stir until well combined.

Add the wet ingredients to the flour and maize mix and stir until you have a thick cookie dough.

Collect teaspoons of the cookie dough, roll into balls and place on the prepared baking trays.

Press down gently to form flat rounds and bake for approximately 12 minutes or until golden brown on the edges.
Allow to cool and enjoy.

Tip from the chef: Best baked and eaten fresh.