

Jam Drops

Ingredients

- 60g healthier margarine spread*
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ cup plain wholemeal flour
- ¼ cup self-raising flour
- ¼ cup corn flour
- ¼ teaspoon bicarbonate of soda
- ¼ cup Lowan Quick Oats
- 2 tablespoons reduced fat milk
- ¼ cup Lowan Quick Oats, extra for coating
- 1 ½ tablespoons raspberry, apricot jam or strawberry jam

Method

1. Pre-heat oven to 180°C/350°C (160°C fan-forced) and line two baking trays with baking paper.
2. Cream together the margarine spread, sugar and vanilla with a hand held mixer in a medium bowl.
3. Sift together the plain wholemeal and self-raising flours, corn flour and bicarbonate of soda returning any husks from the wholemeal flour and stir into the creamed mixture.
4. Stir in the milk and oats and mix to combine.
5. Place the extra oats for coating in a small bowl.
6. Roll a teaspoonful of mixture into a small ball and toss in extra oats to coat. Place on the prepared baking trays. Repeat with remaining mixture leaving room for biscuits to spread.
7. Make a small deep hole in the centre of each biscuit using the top of a round handled wooden spoon and place ¼ teaspoon jam into each hole.
8. Bake for approximately 8 minutes or until golden.
9. Cool on trays before transferring to a wire cooling rack.
10. Store in an airtight container.



TIP - As the jam spreads during cooking each biscuit only needs a small amount of jam.

*Healthier margarine spreads - e.g. margarine spreads made with canola, sunflower, soybean, safflower or olive oils