



Golden Oat Cookies

Age recommendation: 2 years up

Baking with children is great fun and creates memories they'll have all their lives.

And when it comes to teaching it is a wonderful learning experience in so many areas: It shows practical maths including measuring and dividing. It encourages reading and comprehension, as well as developing vocabulary. Science is involved – baking is chemistry after all, and baking shows how various substances react to each other. It introduces concepts like solutions, mixing, foams, and compounds.

There are many social skills involved too: teamwork, curiosity, patience, perseverance, and developing the skill of following step by step instructions. Yes, it can get messy. To keep their clothes clean give them an apron or one of your old shirts. Spread out newspaper or paper towels, and teach them to clean up as they go. Remember to teach them good hygiene by washing their hands often.



What you need

- 100 grams self-raising flour
- 100 grams porridge oats
- ½ teaspoon baking soda
- 100 grams butter
- 100 grams granulated sugar
- 1 tablespoon golden syrup

Teaching tip

Baking in the kitchen is a great way to teach children about household safety, and dangers in the kitchen:

- hot surfaces
- electricity
- slipping dangers
- hot pots and pans
- keep pan handles turned away from the edge
- use a strong chair to stand on so they can reach the bench easily
- use oven gloves for hot trays, pots, and pans
- do not let very small children handle knives or sharp objects
- supervise children when using any kitchen implements

How to

1. Preheat your oven to 180°C and line a baking tray with baking paper. Alternatively, grease the tray with a little butter.
2. Mix flour, oats, and baking soda together. Put this bowl to one side.
3. In a saucepan combine the butter, sugar and golden syrup. Heat on low until melted, stirring occasionally.
4. Take off the heat and stir in the oat mixture. Use a wooden spoon to mix it well.
5. Using a large teaspoon or dessertspoon make a ball with the mixture and place on the baking tray. Leave enough space for the cookies to expand.
6. When the tray is full, use the back of a fork to slightly flatten the balls.
7. Bake in the oven for 15 minutes. When they look golden, take the tray out of the oven to cool for a couple of minutes, then the cookies will slide onto the wire rack to finish their cooling down.