



Date Cookie Recipe*

Here is a delicious recipe of dates cookies proposed by our partner, Les ateliers cinq épices



Expertise

Skills for the student:

- Develop healthy lifestyle habits

Statement of professional competencies put forward by this activity:

- Planning and organizing activities

Educational Intentions (Suggestions):

At the end of the activity, the student will have developed his healthy lifestyle habits.

Age Group:

Multiage

Required Materials:

Ingredients

- 1 1/2 cups (375 mL) oats flakes
- 3/4 cup (180 mL) whole wheat flour
- 1 C. tea (5 ml) baking powder
- 1/4 c. 1 teaspoon salt
- 3/4 cup (180 mL) pitted dates, chopped
- 1/3 cup (80 ml) brown sugar
- 1/3 cup (80 ml) of canola oil
- 1/3 cup (80 ml) cold water
- 1 C. (5 ml) vanilla extract



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Préparation

1. Preheat oven to 375 ° F (190 ° C).
2. Oil a baking sheet or cover with parchment paper.
3. In large bowl, combine oatmeal, flour, baking powder, salt and dates.
4. In another bowl, mix the brown sugar, oil, water and vanilla.
5. Pour the mixture of liquid ingredients over the dry ingredients. Mix well. If the preparation is too dry, add a little water.
6. For each cookie, measure 2 tbsp. of dough (30 ml) and pour it on the baking sheet. Using a spoon, crush each cookie slightly.
7. Cook for 10 to 15 minutes (may vary according to the oven).
8. Suggestion: remove the cookies from the oven when they are still a little soft in order to obtain a soft cookie even when it is cooled.
9. Let cool down a few minutes before serving.
10. Enjoy!



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