



Ingredients

- 100g butter
- 1 egg
- 1 mashed banana
- 100g caster sugar
- 100g wholemeal flour
- 100g oats

Optional

50g chocolate chips/raisins/coconut/nuts

Method

1. Weigh out butter and sugar into a bowl and cream until smooth.
2. Mash the banana on a green chopping board and add to the butter and sugar mixture.
3. Add the egg to the mixture and mix well using a wooden spoon.
4. Place the bowl with the mixture in onto the scales and add the flour, oats and any extras.
5. Using two spoons scoop approx. 3cm balls of the mixture onto a tray .
6. Bake in the oven for 15-20 minutes.
7. Label a cooling rack and place in your area.

1. Identify the ingredients high in carbohydrates .
2. Describe the difference between simple and complex carbohydrates (give examples using the recipe)
3. Explain the function of carbohydrates in our diet including dietary fibre.
4. How could you modify the recipe to increase the fibre content?
5. How could you modify the recipe to reduce the amount of free sugars?