

*Cranberry
Cookies*



IN A JAR

Ingredients:

145g plain flour, ½ tsp baking powder, ½ tsp salt, ½ cup rolled oats, 1/3 cup brown sugar, 1/3 cup white sugar, ½ cup cranberries, ½ white choc chips, ½ cup chopped pecans or rice bubbles

Directions:

Beat together ½ cup butter, 1 egg & 1 tsp vanilla extract until fluffy. Add cookie mix stirring until blended. Drop spoonful onto greased tray & bake at 175C for 8-10 minutes or edges brown.

Makes 18 cookies.

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*Chocolate
Brownie*



IN A JAR

Ingredients:

500g brownie mix & 75g walnuts
(Contains gluten, dairy & egg)

Directions:

1. Mix together with 250ml water.
2. Bake at 180C for 30 minutes.

Enjoy.

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*Choc Chip
Oatmeal Cookies*



IN A JAR

Ingredients:

1/3 cup plain flour, ¼ tsp baking powder, ¼ tsp bicarb, 1/3 cup brown sugar, ¼ cup white sugar, 1/3 cup oats, 1/3 cup milk choc chips, 1/3 cup white choc chips

Directions:

Pour contents into bowl & add 3 1/2 tbsp melted butter, 1 egg & ½ tsp vanilla extract. Combine well and drop spoonful onto greased tray. Bake at 180C for 12-14 minutes.

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*Santa
Cookies*



IN A JAR

Ingredients:

1 1/3 cup plain flour, 1 tsp baking powder, 1 tsp bicarb, 1/4 tsp salt, 1 cup rolled oats, 3/4 cup M&Ms, 1/2 cup brown sugar, 1/2 cup white sugar

Directions:

Beat together 1/2 cup butter, 1 egg & 1 tsp vanilla extract until light & fluffy. Mix in jar contents and drop spoonful onto greased tray. Bake at 180C for 10 minutes.

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*Healthy Seed
Crackers*



IN A JAR

Ingredients:

1 1/2 cups sunflower seed kernels, 1/2 cup linseeds, 1/2 cup raw buckwheat, 1/4 cup chia seeds, 1 tsp salt, 1 1/2 cup warm water

Directions:

Put all ingredients in a bowl and stir occasionally for 20 minutes until water is absorbed. Press the mixture firmly into a thin layer on 2 baking trays ensuring there are no gaps. Bake at 140C for 1 hour. Cool & break into large pieces.

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*Buckwheat
Cookies*



IN A JAR

Ingredients:

1 cup buckwheat flour, 1/3 cup rapadura sugar, pinch fine salt, 1/4 cup choc bits or chopped nuts

Directions:

Mix together with 1/4 cup coconut oil, 3 tbsp water & 1 tsp vanilla extract. Roll into balls and flatten slightly. Bake at 180C for 20 minutes.

Makes 8-10 cookies.

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*Cinnamon
Nut Bar*



IN A JAR

Ingredients:

1 cup cashews, ½ cup almonds, ½ cup pecans, ½ cup shredded coconut, ½ tsp salt, ½ tsp ground cinnamon

Directions:

Roughly chop ingredients by hand or in food processor. Mix together with 1 tsp vanilla extract & ½ cup honey or rice syrup. Pack down mixture into well greased baking pan. Bake at 180C for 20 minutes. Cool fully before cutting.

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