

## TASTE WITHOUT WASTE

### Thumbprints

Makes about 18.

### **Ingredients**

1 cup almonds  
1 cup rolled oats  
1 cup wholemeal flour  
1 tsp cinnamon  
Pinch salt  
½ cup sunflower (or other neutral flavoured) oil  
½ cup pure maple syrup  
Jam – whatever flavour takes your fancy!

### **Method**

Preheat oven to 180C and lightly grease two baking trays.

Buzz the almonds to a rough meal in a food processor. Add the oats and buzz until they represent the consistency of a relatively fine meal.

Transfer to a large bowl and stir through the flour, cinnamon and salt.

Whisk the oil and maple syrup together with a fork and tip into the dry mixture. Use a fork to mix until well combined.

Dampen your hands (particularly your palms) with a little cold water and shape tablespoon sized pieces of the dough into smooth balls. Place on greased trays, leaving a few centimetres between each one. You may need to rinse your hands a few times to prevent most of the mixture sticking to them.

Gently press the pad of your thumb (or forefinger if you have really big thumbs) into the centre of each ball to make a decent sized indent. Use the other hand to patch up any cracks and keep them relatively uniform in shape.

Carefully drop about half a teaspoon of jam into each of the indents.

Bake for 18 minutes then remove from oven and leave on baking trays for three minutes to firm up. Transfer to a wire rack to cool completely.

*Source: Aunty Sera.*

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