



GF Friendly

Hoolie Doolies

easy-to-make snacks – **Gluten-Free OR Wheat-lovers**

Versatile, occasional or tea-time snacks that are easy to make and take only 35 minutes from start to finish. Even the kids can help and they'll love the results. Hoolie Doolies can be sweet or savoury and you can put in whatever takes your fancy. The basic mix and method works for both types, so you just have to decide which you prefer; or do as we did and make two batches, one of each. Those in the picture were made entirely from Gluten-Free products, but we've tried them with wheat flour and they taste just as good.

Basic Mix

- 175g self raising flour
- 25g medium ground maize flour
- 30ml extra light olive oil
- 1 egg
- 75ml milk

Experiment with additions, spices and flavouring. Here are a couple of suggestions:



Sweet Additions

- 1 Tbsp granulated sugar
- 1 tsp mixed spice
- ½ tsp cinnamon
- 1 cup sultanas or dried fruit
- 1 Tbsp syrup or honey (**add with liquids**)

Savoury Additions

- 1 tsp chicken stock powder
- 1 Tbsp grated Parmesan
- 50g chopped ham or sausage (3mm or 1/8 inch)
- 100g chopped cheese (same size)
- ½ tsp salt

To save time, get the oven going now. Combine all of the dry ingredients in a bowl with a wooden spoon. While doing this, try to ensure that the pieces of fruit, or the cheese and meat, are separated before any liquid is added. Make a well in the centre, then pour in the oil, put in the egg (see Handy Hints to avoid a disaster!); and with the sweet version, now's the time for the syrup or honey. Start to combine this with the wooden spoon, adding milk a bit at a time until the ingredients bind together. You are trying for a reasonably heavy cake-type dough (similar to rock buns), but if you overdo the milk and it seems too sloppy, just sprinkle in some more flour and work it in to absorb the excess moisture. Don't fret over this – they work well stiff or soft. Spoon mounds of the mix onto a tray lined with baking paper, or you can use a greased patty tin, and cook on 175°C (160°C fan forced) for 13 minutes, or until browning.

Makes 12 – 15 Hoolie Doolies

best eaten fresh, warm or cool

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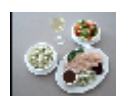
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