



## Ingredients

### Makes 50 balls

- 4 cups wholemeal self-raising flour
- 4 cups instant oats
- 4 cups grated cheddar cheese
- Pinch of cayenne pepper or paprika
- 1 cup (270g) butter
- 4 eggs
- 2 cups milk

## Method

1. In a large bowl, combine self-raising flour, oats, cheese and pepper
2. Melt butter. Add to dry ingredients
3. Lightly beat egg and milk together. Add to the mixture and mix well
4. Take a large teaspoon of mixture, roll into a ball and place on baking trays
5. Bake at 200°C for 15 minutes
6. Cool on a wire rack
7. Serve with a fruit and vegetable platter

### Notes:

Cheese and milk are great sources of calcium, which helps to keep children's bones strong.