

ANZAC Biscuits



Base Ingredients

- 2 cups rolled oats
- 1 cup spelt flour or wholemeal flour
- 2/3 cup coconut sugar
- ¾ cup desiccated coconut
- 1/3 cup pure maple syrup or honey
- 140g butter or coconut oil
- 1 teaspoon baking soda
- 2 tablespoons hot water

Method

1. Preheat oven to 160°C (325°F). Line a large baking tray with baking paper or two medium size trays. This recipe makes 18 biscuits.
2. Mix together dry ingredients: rolled oats, flour, coconut sugar and desiccated coconut, in a large bowl and mix to combine.
3. Melt butter (or coconut oil) and maple syrup in pot over medium heat until butter is melted, then remove from heat.
4. Mix baking soda to hot water to dissolve, then add to the melted mixture and stir to combine.
5. Make a well in the centre of the dry ingredients and pour wet mixture into the oat mixture and mix well with a large spoon until combined. It will be quite wet and sticky.
6. Roll heaped tablespoons of mixture into balls and arrange onto the baking tray. Gently flatten it out with the back of the spoon or fork, making sure to space them out allowing room to spread.
7. Bake biscuits for 20 minutes until golden and are firm and chewy.
8. Transfer to a wire rack to cool before storing in an airtight container.

