

Anzac Biscuits

What do I need?

- 1 c Oats (or flaked almonds)
- 1 c Almond Flour (or Spelt Flour)
- 1 c Coconut, shredded
- 1/4 c Macadamia Oil
- 1/4 c Pure Maple Syrup or Honey (or mixed)
- 1/2 t Bi-carb soda
- 1T boiling water



Dairy free. Can be made nut free,
gluten free., vegan or paleo

Let's Do This!

Preheat oven to 150c

Combine the oats, flour and coconut in a bowl.

Place maple syrup/honey and oil in a glass jug, heat until runny (about 20secs in the microwave).

Place bi-carb soda in a small bowl and top with boiling water add to oil mixture. Add this to dry mix. Combine.

With damp hands pat out biscuits and place on an oven tray lined with baking paper - makes 11-14.

Bake in oven for 20-25mins - until golden.

Cool on tray for 10mins and then place on a wire rack.



Sustain

Strengthen

Nurture