



Healthy Anzac Biscuits

Serves: 16 (makes 16) Recipe from healthyfoodguide.com.au

Time to make: 25 mins, prep 10 mins, cook 10-15 mins

The 'Healthy' ANZACS

1 cup rolled oats
1/2 cup plain flour
1/4 cup plain wholemeal flour
1/2 cup dessicated coconut
1/2 cup brown sugar
2 tablespoons golden syrup
1/4 cup canola or rice bran oil
1 teaspoon baking soda
2 tablespoons water

Instructions

Step 1 Preheat oven to 180°C and line a baking tray with baking paper. Combine oats, flours, coconut and sugar in a bowl.

Step 2 Combine golden syrup, oil and water in a microwave-proof bowl and stir to combine. Microwave on HIGH for 25–30 seconds. Whisk in baking soda until well combined (it might foam up a little).

Step 3 Add syrup mixture to dry ingredients and mix well. Drop teaspoonfuls of mixture onto baking tray, leaving space between them (they will spread). Flatten with your fingers or a fork.

Step 4 Bake for 10–15 minutes, until golden. Remove to a wire rack to cool.



Variations

If you prefer a softer, chewier texture, add an extra 1/4 cup flour to dry ingredients and add 2 tablespoons apple sauce to mixture when you combine the wet and dry ingredients. Bake for 15–20 minutes.

Traditional version ingredients

1 cup oats
1 cup plain flour
1 cup dessicated coconut
3/4 cup brown sugar
125g butter
2 tablespoons golden syrup
1 teaspoon baking soda

What we did

- replaced some of the flour with wholemeal flour
- reduced the amount of coconut and brown sugar
- substituted oil for the butter

Healthy Food Guide version (per serve)

Total energy 500kJ
Total fat 5.7g (saturated fat 1.7g)

Traditional version (per serve)

Total energy 750kJ
Total fat 10.1g (saturated fat 7.0g)