



# Anzac biscuits

A 'healthier' alternative to traditional Anzac biscuits.

## Ingredients

- 1 cup wholemeal spelt flour
- 1 cup rolled oats
- 1 cup desiccated coconut (I used shredded coconut)
- ¾ cup of coconut sugar
- 125 g of butter
- 2 tablespoons of maple syrup
- 2 tablespoons of water
- ½ teaspoon bicarbonate of soda

⌚ Prep time 10-15 mins Cooking time 15 mins 🍴 Makes 22-24 balls  
Vegetarian, wheat-free

## Method

Preheat oven to 160°C. Line 2 baking trays with baking paper. In a large bowl, combine flour, oats, coconut and coconut sugar. In a small saucepan, stir the butter and maple syrup over medium heat until butter melts and mixture is smooth. Take off the heat. Stir the bicarbonate of soda with the water and add to butter and maple syrup. Add to the oat mixture and stir well to combine. Roll level tablespoons of the mixture into balls and flatten. Bake in oven for 15 minutes or until golden. Allow to cool for 10 minutes and then transfer to wire cooling rack.



## Nutritional information

Our knowledge of nutrition has progressed somewhat since World War II. We now know that we need to eat more wholefoods and less processed foods. While these biscuits are still a sweet treat, the maple syrup is far less processed than golden syrup that is traditionally used in Anzac biscuits. Coconut sugar is a lower GI alternative compared to white sugar and provides small amounts of nutrients that aren't found in white sugar.

The goodness of rolled oats, an excellent source of beta-glucan soluble fibre that helps to reduce cholesterol; combined with wholemeal spelt flour, provides healthy wholegrains to balance out the sweetness.

This variation of Anzac biscuits results in a dark, slightly chewy variety of the biscuit.

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