

# Mum's Anzac Biscuits Rejigged

🕒 ❄️ ❤️ Can be GF

My mum for years home baked goodies for our photography studio. Her Anzac Biscuits were so loved, I posted her recipe on the [photography website here](#). Given I am now a health coach, I thought I should do some testing to recreate a refined sugar free version.

## How we'll use it this week

- Lunchbox recess item

## Ingredients

- 150g butter
- 1/2 cup rice malt syrup
- 1/2 tspn bi-carb soda
- 1 tblspn boiling water
- 1 cup rolled oats (use GF if you wish)
- 1 cup plain flour (use buckwheat for GF)
- 3/4 cup coconut (shredded or dessicated)



*TIP: For chewier biscuits, reduce baking time to 15 minutes. For crunchier, increase to 20 minutes*

## Directions

1. Pre-heat oven to 160 degrees, and line 2 baking trays
2. Mix oats, flour and coconut in a bowl
3. Melt butter and rice malt syrup over medium heat until well mixed, then turn off.
4. In a separate dish, add the bi-carb soda then mix in the boiling water until combined
5. Stir bi-carb mixture into the butter mixture - it will froth up (fun for the kids to watch)
6. Add this frothing mixture to the dry ingredients. Stir until all ingredients are wet. Taste if sweet enough for your family. Add more rice syrup if needed.
7. Take 1 tblspn of mixture and cup your hand over it to make a biscuit shape, then place on the baking tray. Flatten a little with your hand. Continue with rest of mixture, allow room for spreading
8. Bake for 18 mins and cool on the pan before moving to cooling rack

## Freezing / Storing Instructions

Keep in an airtight container. Can also be frozen and popped straight into lunchbox.

## Another 2 ways to use this recipe

- Add cinnamon for a little extra spice.
- Add some sultanas for added sweetness or pepitas for protein & zinc.