

Healthy Anzac biscuits



Ingredients:

125 grams butter
2 tablespoons maple syrup
1 and 1/4 cup spelt flour
1 cup rolled oats
1 cup desiccated coconut
3/4 cup coconut sugar
1/2 teaspoon bicarbonate of soda
2 tablespoons boiling water

Method:

1. Preheat oven to 175C (160C fan forced). Line oven trays.
2. Melt butter with maple syrup in small saucepan over low heat until smooth.
3. Mix flour, oats, coconut and sugar in a medium bowl.
4. Combine bicarb soda and boiling water and add to saucepan and stir.
5. Pour wet mixture into dry mixture and stir well.
6. Roll tablespoons of the mixture into balls and place them on your baking trays and flatten. Space well apart.
7. Bake for about 15 minutes or until golden. Cool biscuits on the trays, then enjoy!