

Healthy Anzac Biscuits

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 160 degrees.
2. Add all the dry ingredients, except the baking soda, to a large bowl and mix well.
3. In a small saucepan, heat the honey and coconut oil over medium heat.
4. In a small bowl or cup, mix the water and the baking soda together.
5. When the honey mixture is bubbling, add the baking soda and water and stir as the chemical reaction occurs. Then add this to the dry mixture and mix well, using your hands to finish off combining the dry with the wet ingredients.
6. Create small balls of mixture and place onto a lined baking tray. Make the balls a bit bigger than a walnut but smaller than a golf ball to make around 18-20 biscuits.
7. Squash the balls with your hands to make them more into biscuit shapes. Bake for around 18-20 minutes.
8. Cool on a wire rack before eating them. They will crisp up even more the next day.

Ingredients

- 1 cup Oats (rolled)
- 1 cup Almond Flour
- 1 cup Unsweetened Coconut Flakes (desiccated coconut)
- 1/2 cup Coconut Sugar
- 1 tsp Cinnamon
- 1 tsp Ground Ginger
- 2 tbsps Raw Honey
- 1/4 cup Coconut Oil
- 1/2 tsp Baking Soda
- 2 tbsps Water

Nutrition

Amount per serving

Calories	234	Iron	1mg
Fat	17g	Vitamin D	0IU
Carbs	21g	Folate	3µg
Fiber	3g	Vitamin B12	0µg
Sugar	11g	Magnesium	44mg
Protein	4g	Zinc	0mg
Calcium	31mg	Selenium	2µg