



ANZAC BISCUITS

This humble, iconic Aussie biscuit is symbolic of the courage & unwavering spirit of our ANZAC soldiers

Anzac biscuits originated during World War I when families and women's groups baked these oat-based treats to send overseas in care packages to soldiers of the Australian and New Zealand Army Corps (ANZAC). Because they contained no eggs and used durable ingredients like golden syrup and coconut, they stayed edible during the long sea voyages.

INGREDIENTS

125g butter, chopped
2 Tbsp golden syrup
½ tsp bicarbonate of soda
2 Tbsp boiling water
1 cup (90g) rolled oats
1 cup (150g) plain flour
1 cup (220g) caster sugar
¾ cup (65g) coconut



INSTRUCTIONS

1. Combine butter and golden syrup in medium pan, stir over heat until butter is melted.
2. Stir in combined bicarb soda and water, then remaining ingredients, mix well.
3. Drop rounded teaspoons of mixture, about 4cm apart on greased oven trays, flatten slightly.
4. Bake in slow oven (150C) for about 20 minutes or until lightly browned.
5. Cool on trays

Makes about 45