

HEALTHY ANZAC BISCUITS

Takes 20 mins | Makes 12

My healthy recreation of a Kiwi classic - only mine are dairy free, very low in sugar (and none of it refined), and are made completely with wholegrain ingredients.



Dry

- $\frac{3}{4}$ c rolled oats (or quinoa flakes)
- $\frac{3}{8}$ c desiccated coconut
- $\frac{1}{2}$ c wholemeal spelt flour (or brown rice flour / almond meal)
- 4 tbsp coconut sugar
- 1 tsp baking powder
- Pinch sea salt

Wet

- 3 tbsp coconut oil
- 2 tsp vanilla extract
- $\frac{1}{4}$ c warm water

01 Mix rolled oats, desiccated coconut, flour, baking powder, coconut sugar and salt in a large bowl.

02 Melt the coconut oil, and mix with vanilla extract and warm water.

03 Pour the wet ingredients into the dry ingredients and mix well. Roll into balls with your hands and flatten on a greased tray.

04 Fan bake at 175°C for 15 minutes until golden but still soft to touch (they will harden on cooling).

05 Leave to cool (especially if using almond flour) then enjoy with your favourite cup of tea.

See **Notes** section on BE GOOD for extra tips, substitutes and more.