

GLUTEN FREE ANZAC BISCUITS



INGREDIENTS

- 1 cup gf rolled oats
- 160g gf plain flour
- 1 cup shredded coconut
- 1 cup dried apricots and dates, roughly chopped
- ½ cup almonds, roughly chopped
- ¾ cup dark muscovado sugar
- 135g butter
- 2 tbs rice malt syrup
- 2 ½ tbs boiling water
- 1 tsp bicarbonate of soda

PREPARATION TIME: 5 MINS

COOKING TIME: 10 - 15 MINS

SERVES: ABOUT 30

METHOD

- * Turn on the oven to 150°C.
- * Combine oats, flour, coconut, apricots, dates, almonds and sugar in a large bowl.
- * In a small saucepan, add the butter, rice malt syrup and water and stir over a gentle heat until melted. (You can do this in the microwave instead if you like). Be sure not to boil it!
- * Stir the bicarb soda into the liquid in the saucepan (it will fizz up to a frothy liquid).
- * Pour the liquid mixture into the dry ingredients and mix until well combined.
- * Roll a heaped teaspoon of the mixture into a ball in your hands, place on a lined tray and squish with a fork. Allow about 3cm space between each biscuit, as they will spread when cooking.
- * Place trays in the oven for 10-15 minutes or until golden brown. Once cooked, remove from the oven and allow them to rest for 5 minutes before cooling on a cooling rack.

STORAGE, TIPS & VARIATIONS

- * Store these delicious biscuits in an airtight container.
- * These biscuits will be crunchier the longer you bake them but won't harden until they have cooled. If you prefer chewy biscuits, cook for only 5-10 minutes.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.