



MY
FOOD
BAG

ANZAC BISCUITS

Bonus Recipe!

Whether you enjoy your ANZAC biscuits super chewy or extra crispy, everyone can agree that these morsels of buttery, syrupy goodness are a Kiwi staple. Legend has it these beloved biscuits got their name because they were sent to troops in Gallipoli, though this has been proven to be a myth. Instead, it's more likely the biscuits got their name because they were sold at galas, parades and other public events to raise funds at home for the war effort.

Ingredients

1 cup quick cook oats
3/4 cup desiccated coconut or
coconut thread
1 cup wholemeal flour
3/4 cup sugar
125g butter, cut into pieces
1 tablespoon golden syrup or
runny honey
1 teaspoon baking soda
5 tablespoons boiling water

1. **Preheat** oven to 180°C. Bring a half full kettle to the boil. Line two oven trays with baking paper.
2. Place oats, coconut, flour and sugar into a large bowl.
3. Combine butter and golden syrup/honey in a small pot on low-medium heat and stir until melted. In a small dish, mix baking soda and boiling water together, until baking soda has dissolved. Stir baking soda mixture into butter mixture.
4. Stir butter mixture through dry ingredients until well combined.
5. Use damp hands to roll tablespoon amounts of mixture into about 20 balls. Place on prepared trays, 5cm apart. Flatten to ½ cm with a damp fork.
6. Bake biscuits for 8–10 minutes, until golden brown. Swap trays halfway through to ensure even cooking. Remove from oven and cool on trays. The biscuits will firm up as they cool. Remove from trays to completely cool on a rack. If you prefer a crunchier biscuit, cook for 3–4 more minutes.
7. Store biscuits in an airtight container.

Ready In About
30 Mins

Makes About
20 Cookies

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New Zealand



JUST LIKE
NAN MAKES
THEM!

MY FOOD BAG'S ANZAC Biscuits

— BONUS RECIPE —

Get the family together to help whip up this super-easy, tried and trusted recipe – it's been around for over **100 years!** Made with basic ingredients that can be found in most pantries, the ANZAC biscuit is a wonderful any-time treat. We've dug this one up from the archives for you to enjoy, just like old times!

Ingredients

1 cup quick cook oats, 3/4 cup desiccated coconut or coconut thread, 1 cup wholemeal flour, 3/4 cup sugar, 125g butter cut into pieces, 1 tablespoon golden syrup or runny honey, 1 teaspoon baking soda, 5 tablespoons boiling water.

Preheat oven to 180°C. Bring a half full kettle to the boil. Line two oven trays with baking paper.

Place oats, coconut, flour and sugar into a large bowl.

Combine butter and golden syrup/honey in a small pot on low-medium heat and stir until melted. In a small dish, mix baking soda and boiling water together, until baking soda has dissolved. Stir baking soda mixture into butter mixture.

Stir butter mixture through dry ingredients until well combined.

Use damp hands to roll tablespoon amounts of mixture into about 20 balls. Place on prepared trays, 5cm apart. Flatten to 1/2 cm with a damp fork.

Bake biscuits for 8–10 minutes, until golden brown. Swap trays halfway through to ensure even cooking. Remove from oven and cool on trays. The biscuits will firm up as they cool. Remove from trays to completely cool on a rack. If you prefer a crunchier biscuit, cook for 3–4 more minutes.

Store biscuits in an airtight container.

Ready In About 30 Mins

Makes About 20 Cookies