

Hanzac Biscuits (Healthy Anzac Biscuits)

Add a subheading

Dry ingredients:

2.5 cups organic oats
1.5 cups buckwheat flour
1/4 cup LSA/flaxmeal
1.5 cup dessicated or
crushed shredded coconut
2 TBS sesame seeds
2 TBS slivered almonds
2 TBS pepitas/pumpkin seeds

Dry Ingredients (continued):

1/3 cup coconut sugar (opt.)
1 TSP baking soda
1/4 TSP Himalayan salt

Wet Ingredients:

2 TSP vanilla
2/3 cup coconut oil
1/3 cup honey
3/4 cup hot water

Method

1. Preheat oven 150° (not fan forced)
2. Prep 2 baking trays with baking paper
3. Mix all the dry ingredients in a bowl
4. Mix well all the wet ingredients in another bowl then pour in.
5. Combine well with a wooden spoon
6. Scoop less than an icecream scoop onto pan then mould slightly with hands and press down slightly, not too thin.
7. Bake for 18-20min, until it looks crispy brown.

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