



Anzac Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



50

CALORIES



62 kcal

DESSERT

Ingredients

- ☐ 1 tsp baking soda
- ☐ 1 cup flour
- ☐ 1 cup oats quick (I used Oats)
- ☐ 0.3 tsp salt
- ☐ 1 cup sugar
- ☐ 4 tsp golden syrup
- ☐ 0.5 cup butter unsalted
- ☐ 1 cup coconut shredded unsweetened (I used)

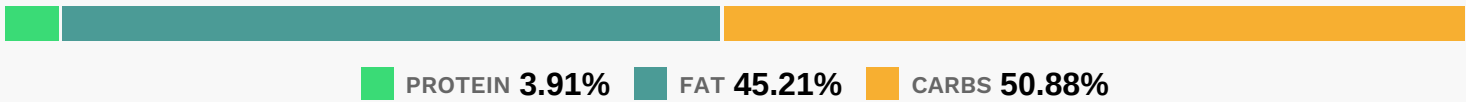
☐ 50 servings water

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Anzac Biscuits
- ☐ Ingredients1 cup shredded coconut (I used unsweetened)1 cup flour1 cup sugar1 cup rolled oats (I used Quick Oats)1/4 tsp salt (optional)1/2 cup unsalted butter4 tsp treacle, aka golden syrup2 1/2 tbsp + 1/2 tsp boiling water1 tsp baking soda
- ☐ More water if needed
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 15 Minutes
- ☐ Total Time: 30 Minutes
- ☐ Servings: 50-60 biscuits
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:1.2673913257439%

Nutrients (% of daily need)

Calories: 61.76kcal (3.09%), Fat: 3.18g (4.9%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.79g (5.32%), Cholesterol: 4.88mg (1.63%), Sodium: 49.75mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Manganese: 0.13mg (6.36%), Copper: 0.06mg (3.16%), Selenium: 1.71µg (2.44%), Fiber: 0.53g (2.14%), Vitamin B1: 0.03mg (1.89%), Magnesium: 6.87mg (1.72%), Iron: 0.25mg (1.38%), Phosphorus: 13.73mg (1.37%), Folate: 5.33µg (1.33%), Vitamin A: 56.73IU (1.13%), Vitamin B2: 0.02mg (1.07%)