

ANZAC Biscuits

From Colleen, our Australian guide Marilyn Marshall's sister



Servings: 36

4 ounces butter

1 cup all-purpose flour

1 cup rolled oats

1 1/2 teaspoons baking soda

2 tablespoons golden syrup, Lyle's (imported) or light molasses (not Karo syrup)

1 cup sugar

1/4 cup coconut

1/4 cup boiling water

1. Gently melt butter and syrup together.
2. Mix together dry ingredients. Dissolve soda in boiling water, then add to butter mixture and pour immediately into dry ingredients.
3. Place heaped teaspoons on greased baking sheets, leaving room for spreading.
4. Bake at 350° (180°C) for 15-20 minutes or until rich brown color. Remove from oven and leave on racks until cookie has cooled and is crisp.

A nutritionally good cookie that travels well. Developed during World War I by mothers, wives and sisters who sent them to their loved ones.

This recipe was given to me by Colleen, our Australian/New Zealand guide, Marilyn Marshall. She makes these cookies frequently. Note that there are no eggs in the recipe.

Per Serving (excluding unknown items): 71 Calories; 3g Fat (36.5% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 80mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.