

ANZAC Biscuits



Serves	16
Prep time	10 minutes
Cook time	10 minutes
Total time	20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylates & Amines
Meal type	Lunch Box , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Special Occasions

Ingredients

- 1 cup plain wholemeal flour (sifted, with the husks added back in)
- 1 cup rolled oats (2 cups if not using coconut, see Note)
- 125g butter or Nuttalex (or 1/2 cup sunflower oil)
- 2 tablespoons Golden Syrup or Barley Malt Syrup (See Note)
- 1/4 - 1/2 cup brown sugar (to taste)
- 2 tablespoons boiling water
- 1 teaspoon bicarbonate of soda

Optional

- 1 cup fresh grated coconut (Refer to recipe link in Note)

Directions

1. Preheat the oven to 180°C and line two trays with baking paper.
2. Combine the flour, coconut, oats and sugar in a large bowl.
3. In a small saucepan mix together the butter and syrup until frothy. Combine the water and bicarbonate of soda and add the liquid mixture.
4. Quickly add to the liquid ingredients into the dry ingredients and mix until just combined.
5. Roll heaped teaspoons of mixture into balls and flatten slightly. Place on the lined trays, allowing a bit of room for spreading.
6. Bake for about 10 minutes or until golden. Allow to cool slightly on the trays before transferring to a wire rack to cool completely.



Note

Low/Moderate Salicylates, Low/Moderate Amines, Low Glutamates

Barley malt syrup isn't in the RPAH Elimination Diet handbook, but I suspect it contains amines, as it is made using a [process that feeds into making malt vinegar](#), which is moderate in amines. If you're able to have amines, this may be worth trying as a challenge. If you are going to try it, use the Spiral Foods Organic Barley Malt; Ceres Organic also has it, but it contains lemon juice. Use Golden Syrup as a substitute, but you may like to add a bit more sugar as it is not as sweet.

Coconuts contain moderate amines and salicylates. If you can't use coconut just substitute for extra rolled oats. Refer [here for making fresh grated coconut](#).