



Low FODMAP ANZAC Biscuits

Serves: 15

Prep: 15 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Dairy-free spread OR butter	100 g	3.5 oz
2½ tbsp golden syrup	42 g	1.5 oz
½ cup brown sugar	100 g	3.5 oz
1 tbsp boiling water	20 g	0.7 oz
1 tsp baking soda	4 g	0.1 oz
½ cup + 2½ tbsp gluten free plain flour	95 g	3.4 oz
½ cup + 2½ tbsp dried desiccated coconut	55 g	1.9 oz
¾ cup rolled oats	75 g	2.6 oz
3 tbsp sunflower seed or pumpkin seeds	36 g	1.3 oz
1 tsp chia seeds	3 g	0.1 oz
2 tbsp boiling water	40 g	1.4 oz

Method

1. Preheat the oven to 170°C/340°F bake function. Line two baking trays with baking paper.
2. Melt the dairy free spread (or butter), golden syrup and brown sugar in a medium sized saucepan over medium low heat. Stir occasionally. Then remove from heat.
3. Dissolve the baking soda in 1 Tbsp of boiling water. Then mix through syrup in the saucepan. The mixture should go golden and frothy.
4. Add the gluten free plain flour, dried desiccated coconut, rolled oats, sunflower seeds (pumpkin seeds) to the saucepan. To stop the biscuits going crumbly, mix the chia seeds with remaining boiling water in a small cup. Once they go gooey, add them to the saucepan.
5. Mix the ingredients until well combined.
6. Using a tablespoon or dessertspoon, scoop the mixture onto the trays (leave enough space between each biscuit for them to flatten slightly as they cook). Evenly space the biscuits and flatten the top of each biscuit with your fingers or a fork. The batter should make 15 biscuits.
7. Place in the oven and bake for about 10 to 12 minutes, remove once golden. We recommend checking the biscuits after 8 minutes, as sometimes they cook faster than expected!
8. Allow the biscuits to cool and then transfer them to an airtight container. These should keep for 5 days. Enjoy!

Nutrition Information (per serve)	
Energy	594 Kj / 142 cal
Protein	1.20g
Carbohydrates	14.00g
Sugar	8.90g
Total Fat	9.10g
Saturated Fat	4.60g
Fibre	1.00g