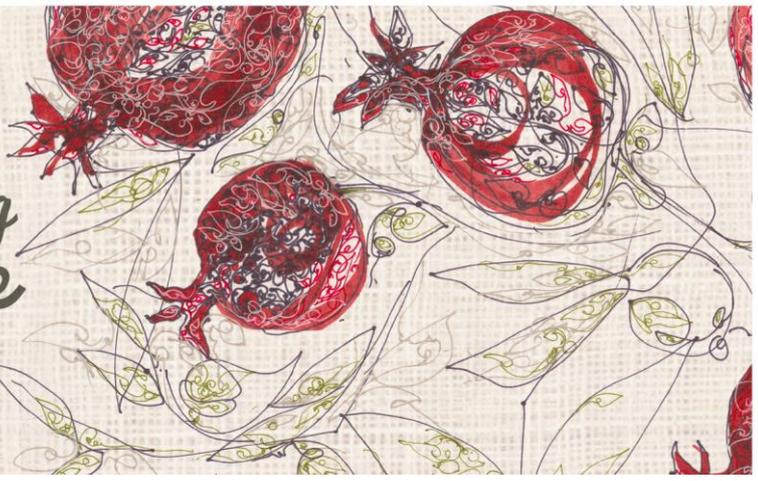




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Anzacs with a twist

Adapted from a recipe by Lola Berry

Preparation 15 minutes **Cooking** 15 minutes **Makes** 22 biscuits at 21g cooked weight each
Cost \$0.39 per portion (based on retail prices) **Season** Any **Ability** Easy **Can** Make ahead and freeze **Equipment** Oven

Did you know? Compared to a store bought Anzac or butternut biscuit, these Anzacs provide more protein and fibre and approximately double the energy. The added banana also makes these biscuits easier to chew.

The benefits: It is hard to go past a good old Anzac cookie and this recipe has the added benefit of being dairy free - suitable for those with dairy allergies or lactose intolerance. The oats inside are a fabulous source of soluble fibre (great for the digestive system), they lower cholesterol and keep you full for hours, hence why these were a good snack for the soldiers. Adding macadamia nuts provide heart healthy mono-unsaturated fats, vitamins and minerals which may help reduce inflammation and risk of cardiovascular disease. Bananas help to make the cookie moist as well as serving as a good source of fibre and potassium. The coconut oil contains medium chain fatty acids which are more easily utilised by the body for energy than fat types.

Ingredients

150g rolled oats
30g shredded coconut
Pinch of sea salt
2 large bananas, mashed
80g macadamia nuts, roughly chopped or finely ground
125ml maple syrup
125ml coconut oil, melted
½ vanilla bean, scraped

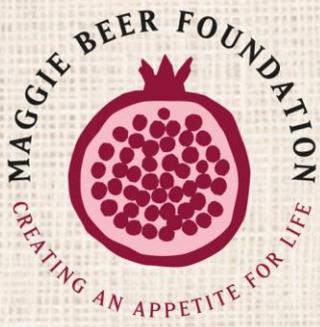


Method

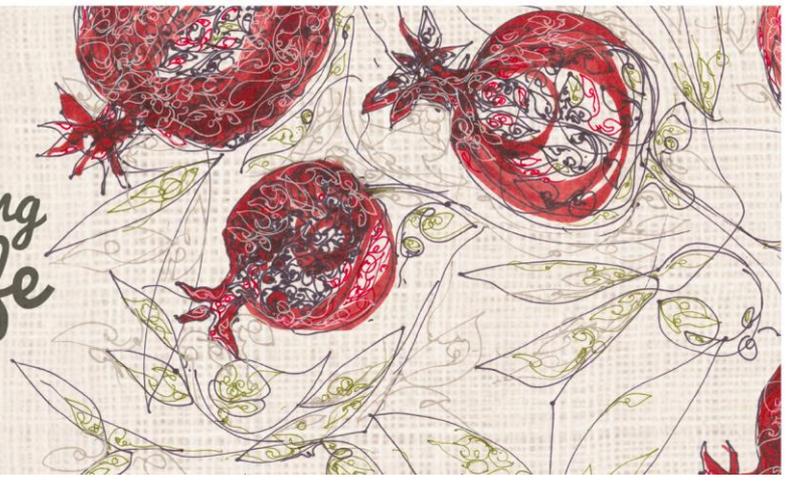
1. Preheat the oven to 160C. Grease and line 2 oven trays. Combine the oats, coconut, salt, banana and macadamia nuts in a large bowl.
2. In a separate bowl, combine the maple syrup, coconut oil and vanilla. Combine the wet and dry ingredients, mix well. Roll (35g) tablespoons of mix into balls, place onto the prepared trays and flatten slightly.
3. Reduce the oven temperature to 140C and bake for 10-15minutes or until golden brown, allow to cool and serve.



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Nutritional Information

Anzacs with a Twist - Serving Size: 22g		
	Per Serving	Per 100g
Energy (kJ)	621	2311
Protein (g)	1.4	5.2
Fat (g)	10.4	38.9
- Saturated (g)	6.6	24.6
Carbohydrate (g)	12.1	44.9
- Sugar (g)	7.3	27.3
Fibre (g)	1.5	5.4
Sodium (mg)	9.3	34.8

