



## ANZAC Biscuits

*Prep time (for 10 serves): 15 minutes. Cook time: 15 minutes.*

Per child, this recipe provides: 1/2 serve of fruit.

Ingredients	Serving size			
	10	25	40	50
Plain flour	1/2 cup	1 cup	1 1/2 cups	2 1/2 cups
Rolled oats	1/2 cup	1 cup	1 2/3 cups	2 cups
Brown sugar	1/3 cup	2/3 cup	1 1/4 cups	1 2/3 cups
Desiccated coconut	1/3 cup	1 cup	1 1/3 cups	2 cups
Nuttelex	50g	125g	200g	250g
Golden syrup	1 tsp	1 tbsp	1 tbsp	2 tbsp
Bicarb soda	1 tsp	1 tsp	2 tsp	3 tsp
Boiling water	1 tbsp	2 tbsp	3 tbsp	4 tbsp
<b>To Serve</b>				
Bananas, medium	3	6	10	12
Apples, medium	3	6	10	12

### Allergen alternatives:

For gluten free, ensure oats are certified gluten free, and use gluten free flour.

# Bee Healthy

menu by **Busy Bees.**

## Method

1. Preheat oven to 180°C fan forced. Spray and line baking trays.
2. In a large bowl, combine plain flour, rolled oats, brown sugar and desiccated coconut. Set aside.
3. In a saucepan over medium-high heat, melt Nuttalex and golden syrup together, stirring regularly.
4. Dissolve bicarb soda with a small amount of boiling water. Pour into butter/syrup mixture.
5. Combine wet and dry ingredients. Mix well.
6. Roll 1 tbsp portions into balls and place on the baking tray, leaving enough room for biscuits to spread.
7. Press each biscuit down lightly into the tray.
8. Bake for 8-10 minutes until golden brown.
9. Remove from oven and transfer to a wire cooling rack.
10. Peel and cut each fruit into 5-6 pieces.

**To serve:** Arrange 1-2 biscuits per child, with fruit on a sharing platter.

### Top tip!

Offering biscuits with fruit is a way to show how healthy eating and “sometimes” foods can go together and do not have to exist separately.