



No-oat Anzac Biscuits (Makes 10)

Equipment: Mini chopper, blender & ice cream scoop *see note

Ingredients:

Dry

1 cup almond meal

1 cup of nuts and seeds —roughly crushed in a mini chopper or blender

(e.g. macadamia, hazel, cashew, walnuts, pepita, sunflower seeds, hemp seeds, sesame seeds)

2 tablespoons flax seed (milled in a blender)

2 tablespoons coconut flour

2 tablespoons coconut sugar

1 teaspoon bicarb soda

1/4 teaspoon salt

1/2 teaspoon cinnamon

Wet

1/3 cup dry fruits—chopped small (e.g. raisin, dry figs, date)

1 ripe small banana (mashed)

1 egg

1 tablespoon apple cider vinegar

1/3 cup coconut oil (melted)

Note: If you don't have ice cream scoop, use a table spoon or big spoon.



Directions:

- 1) Preheat oven to 180 degree.
- 2) Mix all dry ingredients
- 3) Mix all wet ingredients except for coconut oil.
- 4) Mix 1) and 2) well.
- 5) Add coconut oil and mix well.
- 6) Use an ice cream scoop to portion 5) onto a baking sheet lined oven tray.
- 7) Bake 6) for 15– 20 minutes.
- 8) Let them cool a bit and enjoy as warm biscuits are very nice.

Storage:

They are stored well in the fridge (2-3 days) and freezer (about a month) by wrapping with foil.