

# Anzacs

## Ingredients

120 g butter, melted  
1 tablespoon golden syrup  
1 teaspoon bi-carb soda mixed in a little boiling water  
1 cup plain flour  
1 cup rolled oats  
1 cup sugar  
1 cup coconut

Use 2 baking trays lined with baking paper.

## Method

Add golden syrup to butter.  
Add bicarb dissolved in the boiling water.  
Add all other ingredients and mix together well.  
Squeeze little lumps and place (with room between) on a tray.  
Flatten each one with the back of a spoon.  
Bake for 10 minutes or until lightly golden (or biscuit bake, see below).

## The secret of crispy Anzacs

Coarse wholegrain oats are best. Do not use Quick or instant oats.

*Biscuit:* Derived from the French for 'twice cooked'. Take tray from oven while Anzacs are lightly cooked, cool 10 minutes, replace in oven for an additional 2-5 minutes.

Leave on tray to cool and harden before removing to a wire cooler.

