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**“ANZAC Biscuits” (Cookies)**

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This is an old recipe dating back to World War I. Named to honor the Australian New Zealand Army Corp; it is a nice way to teach history and courage. Recipe is shared by my friend Gaye Strathearn, from Redcliff, Australia; now Provo, Utah. Makes 24 biscuits

**Ingredients:**

- 1 cup old fashioned rolled oats
- 1 cup shredded coconut\*
- 1 cup flour
- 1 cup sugar
- 1 tablespoon Golden Syrup\*\* or honey
- 1/2 cup butter
- 2 tablespoons boiling water
- 1 1/2 teaspoon bicarbonate of soda (baking soda)

**Method:**

Preheat oven to 300<sup>o</sup>F. Lightly grease cookie sheet, use a non-stick pan or line cookie sheet with parchment.

Combine oats, coconut,\* flour, and sugar; stir to mix. Set aside.

Combine Golden Syrup and butter, heat until butter is melted. Stir well and remove from heat.

Stir soda into boiling water; stir water and soda into syrup and butter. Combine with dry ingredients and mix until well blended. Roll into balls about the size of a walnut. Place on prepared baking sheet and slightly flatten. Bake 20 minutes or until golden brown. Cool slightly; transfer while still warm onto wire rack to cook completely. Store in airtight container.

**NOTES:**

\* In Australia the coconut is usually less sweet and a little finer shred than in America. Often recipes call for “desiccated coconut” which means dried and shriveled. To adjust, place regular sweetened coconut in a blender or food processor and jog blender until coconut is chopped fine. I like to combine the coconut and oats in the food processor chopping both to a finer texture (don’t grind to a powder).

\*\* Golden Syrup is a sweetener used in England and Australia (also called treacle). It has a rich flavor and is often used in cooking or as a topping for pancakes and ice cream. It may be found in some American supermarkets in the pancake and corn syrup section, or in gourmet stores. Honey may be substituted – but, as with all substitutions, the cookie will have a slightly different taste.

**Nutrition Facts**

Serving Size 1 biscuit (cookie) (26g)  
 Servings Per Container 24

Amount Per Serving

**Calories 120**      **Calories from Fat 60**

**% Daily Value\***

**Total Fat 6g**      **10%**

    Saturated Fat 4.5g      **22%**

**Cholesterol 10mg**      **3%**

**Sodium 190mg**      **8%**

**Total Carbohydrate 16g**      **5%**

    Dietary Fiber 1g      **4%**

    Sugars 9g

**Protein 1g**

Vitamin A 2%      •      Vitamin C 0%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           |         |         |
|--------------------|-----------|---------|---------|
|                    | Calories: | 2,000   | 2,500   |
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4