

# **Chewy Anzac Biscuits**

## **Ingredients**

1 cup Plain Flour

1 cup Rolled Oats

1 cup Desiccated Coconut

1 tsp Bicarb Soda

0.75 cup Brown Sugar

125 g Margarine

2 tbsp Golden Syrup

2 tbsp Water

## **Recipe**

Preheat oven to 160 degrees

Sift flour and stir in oats, coconut and brown sugar

Melt butter, golden syrup and 2 tbsp water in a small saucepan

Stir in bicarb (will expand in bowl)

Add liquid to flour mixture

Roll tablespoons of mixture into balls

Place on baking tray and flatten slightly with a fork

Allow room to spread a lot

Bake 10 min or until golden brown

Allow to cool on a tray

## **Chocolate Balls**

### **Ingredients**

1.25 cup pitted dates

0.5 cup cocoa powder

0.5 tsp cinnamon

0.75 cup coconut

3 tbsp boiling water

0.5 cup oats

### **Recipe**

In a food processor, combine dates, cocoa powder, cinnamon and coconut

Process for 1 minute

Add boiling water and oats

Blitz for another minute. Mixture should be sticky. Add a tad more water if needed

Roll into teaspoon sized balls and roll in extra coconut.

Makes 16 balls

# Banana Muffin

## Ingredients

2 tbsp Margarine, melted

1 cup milk

1 egg

1 tsp Vanilla Essence

2 ripe bananas mashed

2.5 cup self-raising flour, wholemeal

0.75 cup brown sugar

## Recipe

Preheat oven to 180 degrees and line 12 hole muffin tray with paper cases  
spray with cooking oil

In a large mixing bowl whisk margarine, milk, egg, vanilla and banana together

Add flour and sugar to the mixture and stir gently until mixture is just  
combined

Spoon mixture into cases

Bake for 20 to 25 minutes or until well risen

## Variation

Use Gluten free flour

## **Blackbean & Raspberry Brownie**

(vegan, dairy free, egg free)

### **Ingredients**

420 g black beans, drained

0.3 cup sunflower oil

3 tbsp flaxseed meal or linseed meal

9 tbsp water

3 tsp vanilla essence

160 g golden syrup

0.5 cup wholemeal flour (plain)

0.5 cup cocoa powder

0.5 tsp baking powder

0.5 cup frozen raspberries

1 pinch of salt

### **Recipe**

Preheat oven to 180 degrees. Line a baking dish with baking paper

Add the flaxseed meal to a small bowl as well as the water. Whisk together and allow it to sit to become gel like.

Strain and rinse black beans and add to blender/food processor or use a stick blender (or mash beans using a fork).

Add sunflower oil, golden syrup, vanilla extract and flaxseed mixture. Blend on high until smooth and creamy (or mix by hand).

In a large mixing bowl sieve wholemeal flour, cocoa powder and baking powder and mix to combine.

Pour black bean mixture into flour mixture and stir to combine.

Pour brownie mixture into baking paper lined tin and push raspberries into the brownie mixture. Place in oven for 20-25 minutes

# Jam Drops

## Ingredients

2 Eggs

$\frac{3}{4}$  cup sugar

2 cups self raising flour

125g butter

Jam

## Recipe

Cream butter and sugar. Add eggs one at a time and beat in.

Add flour and mix into a stiff dough.

Break dough into small pieces, press a hole in centre, and fill with jam

Bake at 180 degrees for 15 min

## Variation

Use Gluten free flour

## **Muffins/ Cupcakes**

### **Ingredients**

60 grams butter

¼ cup sugar

½ cup milk

1 egg

1 cup SR flour

½ cup berries, banana, apple etc

### **Recipe**

Preheat oven to 180 degrees

Melt butter

Add milk

Beat egg and add to the butter and milk mix

Mix flour, sugar and fruit together

Add wet mix to dry

Mix with an electric mixer for approximately 5 min

Pour mix into patty pans and bake for 20 minutes

### **Variation**

Use Gluten free flour