

# CATO'S KITCHEN



## ANZAC BISCUITS with a Twist (King Arthur Biscuits)



Snack



40 - 50 min

### Ingredients

- 1 cup of Harraways Rolled Oats - [www.harraways.co.nz](http://www.harraways.co.nz)
- 1 cup of standard flour
- 1 cup of sugar
- $\frac{3}{4}$  cup of desiccated coconut
- 2 Tablespoons of cocoa powder
- 75 grams of butter
- 2 Tablespoons of Golden Syrup
- 1  $\frac{1}{2}$  teaspoons of Baking Soda
- 3 Tablespoons of boiling water

### Method

Preheat the oven to 160 degrees Celsius.

Mix the first five ingredients in a bowl (oats, flour, sugar, coconut, cocoa powder).



Melt the butter and golden syrup in the microwave or in a small pot. Add the boiling water, then stir in the baking soda. The wet mixture will start to foam. Fold this into the dry ingredients, and stir until mixed through.

Roll spoonfuls of the mixture into balls and place them on a baking tray lined with Baking Paper. Make sure there is room for the balls of biscuit mix to spread as they cook.

Bake for 15 – 20 minutes or until the biscuits darken slightly.

Cool on a cooling rack. Then store in an airtight container.

Great for lunchboxes, as an afterschool treat, or as a study snack.

My mum made them for my sister and I when we were little and she called them King Arthur Biscuits, because they looked like they were burnt (and apparently King Arthur wasn't a great cook!). But we loved them. Hope you do, too.

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui,  
Suzy