

Pappa's Anzac biscuit

People with Down Syndrome

Ingredients

- 150g (1 cup) plain flour
- 90g (1 cup) rolled oats
- 85 g (1 cup) desiccated coconut
- 100g (1/2 cup, firmly packed) brown sugar
- 55g (1/4 cup) caster sugar
- 125g butter, chopped
- 2 tbsp golden syrup
- 1/2 tsp bicarbonate of soda





Directions

Step 1

Preheat the oven to
160C/140C fan forced. Line
2 baking trays with baking paper.

Step 2

 Combine the flour, rolled oats, coconut, and combined sugars in a large bowl.





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Step 3

- Stir the butter, golden syrup and 2 tbs water in a small saucepan over medium heat until the butter melts and the mixture is smooth.
- Stir in the bicarb.
- Add to the flour mixture and stir until well combined.

Step 4

- Roll level tablespoonfuls of the dough into balls and place,
 about 5cm apart, on the prepared trays.
- Flatten until about 1cm thick. Bake, swapping trays halfway through cooking, for 15-20 minutes or until golden.
- Set aside for 10 minutes to cool slightly on the tray before transferring to wire racks to cool completely.





