

Biscuits and Cookies

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ANZAC Biscuits

Ingredients

- 1 cup rolled oats
- 1 cup desiccated coconut
- 1 cup sugar
- 1 cup self-raising flour
- 3/4 cup butter or coconut oil
- 2 tbsp golden syrup

Method

1. Preheat oven to 180C / 350F.
2. Mix oats, coconut, sugar, and flour.
3. Melt butter and syrup, and then mix into dry ingredients.
4. Form into 1" balls and bake for 12 minutes.
5. Rest until firm.

Apricot-Coconut Cookies

Ingredients

- 1/2 cup butter
- 1/2 cup coconut oil
- 1 cup white sugar
- 2 large eggs
- 2 tsp vanilla extract
- 3 tbsp nutritional yeast
- 3 tbsp ground flaxseed
- 3 cups rolled oats
- 1 cup self-raising flour
- 1 1/2 cups desiccated coconut
- 1 cup slivered almonds
- 1 cup chopped dried apricots

Method

1. Preheat oven to 350F / 180C.
2. Cream butter, coconut oil, and sugar.
3. Add eggs and vanilla and beat until combined.
4. Stir in nutritional yeast and flaxseed.
5. Stir in oats and flour.
6. Stir in coconut, almonds, and apricots.
7. Form into 1" balls on a lined baking sheet and bake 10-12 minutes.

Notes

Makes 30.

Choc-Chip Oat Cookies

Ingredients

- 3/4 cup butter
- 1/4 cup coconut oil
- 1 1/2 cups brown sugar
- 2 large eggs
- 2 tsp vanilla extract
- 5 tbsp nutritional yeast
- 3 tbsp ground flaxseed
- 1 tsp ground cinnamon
- 3 cups rolled oats
- 1 1/2 cups self-raising flour

Method

1. Preheat oven to 180C / 350F.
2. Cream butter, coconut oil, and sugar.
3. Add eggs and vanilla and beat until combined.
4. Stir in nutritional yeast, flaxseed, and cinnamon.
5. Stir in oats and flour.
6. Stir in choc chips.
7. Form into 1" balls on a lined baking sheet and bake 10-12 minutes.

Notes

Makes 24-28.

Chocolate Tahini Biscuits

Ingredients

- 1 1/2 cups self-raising flour
- 1 cup tahini
- 1/2 cup coconut oil
- 1/2 cup sugar
- 3 tbsp cocoa powder
- 2 tsp vanilla
- pinch of salt
- 1/2 cup sesame seeds
- 1 cup chocolate chips (optional)

Method

1. Preheat oven to 180C / 350F
2. Mix butter, sugar, tahini, and vanilla.
3. Add cocoa powder and salt, then stir in flour and optional chocolate chips.
4. Roll dough into balls 1" in diameter and roll in sesame seeds.
5. Bake 8 minutes, then press flat with a spatula and bake a further 4 minutes.

Gingerbread



Ingredients

- 2 cups self-raising flour
- 1/2 cup brown sugar
- 1/2 cup golden or maple syrup
- 1/2 cup coconut oil
- 1 tbsp ginger
- 1 tbsp cinnamon
- 1 tsp cloves
- 1 tsp nutmeg
- 1/2 tsp black pepper

Method

1. Preheat oven to 180C / 350F.
2. Squidge together coconut oil and sugar, then stir in syrup.
3. Mix flour and spices.
4. Combine wet and dry ingredients into a dough.
5. Roll out to 1/2cm - 3/4cm thick and cut into shapes.
6. Bake 8 minutes.
7. Remove from oven and allow to cool on tray before transferring.

Variation: Gluten-Free

Substitute self-raising flour for 3 cups of almond meal, and bake for 12 minutes.

Notes

Makes approximately 30.

Maple Walnut Biscuits

Ingredients

- 2 1/2 cups self-raising flour
- 1 cup walnuts
- 1/2 cup butter
- 1/2 cup brown sugar
- 1/2 cup maple syrup
- pinch of salt

Method

1. Preheat oven to 180C / 350F.
2. Blend half a cup of walnuts.
3. Cream butter and sugar, then add vanilla, maple syrup, and ground walnuts.
4. Stir in flour and remaining walnut pieces.
5. Form into patties and bake 12 minutes.

Peanut Butter Biscuits

Ingredients

- 1 cup peanut butter
- 1 cup almond meal
- 1/4 cup honey or syrup
- 2 tsp vanilla extract
- pinch of salt
- 1/2 cup chocolate chips (optional)

Method

1. Preheat oven to 180C / 350F
2. Mix together peanut butter, honey, vanilla, and salt.
3. Fold in almond meal and optional chocolate chips.
4. Form into 1" balls and press in a cross-hatch pattern with a fork.
5. Bake 10-12 minutes.

Notes

Makes 12.

Date Paste Biscuits

Ingredients

- 1.5 cups apple juice
- 4 cups SR flour
- 1 tsp cardamom
- 1 cup coconut oil
- 1/2 cup sugar
- 1.5 cups date paste (from 1lb dates)
- 1 tsp cinnamon
- 1 tsp nutmeg

Method

1. Mix date paste, cinnamon, nutmeg, and 1tbsp coconut oil. Set aside.
2. Mix remaining coconut oil with sugar, then stir in apple juice.
3. Add flour and nutmeg and stir well.
4. Roll out dough and add a line of the date paste. Roll into a tube and refrigerate until firm.
5. Preheat oven to 350F/180C.
6. Cut tubes into disks and bake 10 minutes.
7. Allow to cool on tray.

Notes

Makes approximately 24.

Chocolate Crackles

Ingredients

- 1 cup coconut oil, melted
- 4 cups Rice Bubbles/Krispies
- 1 cup icing sugar
- 3 tbsp cocoa powder

Method

1. Mix dry ingredients.
2. Add melted coconut oil and stir well.
3. Scoop into lined muffin tins.
4. Refrigerate until firm.