

## ANZAC Biscuits

1 cup plain flour  
¾ cup sugar  
2 Tablespoons golden syrup  
1 teaspoon boiling water  
1 cup rolled oats  
125 grams butter  
2 teaspoons bicarbonate of soda



Mix oats, flour, sugar. Melt butter and golden syrup together. Mix bicarbonate of soda with boiling water and add to the butter mixture. Pour into dry ingredients and stir to combine. Place spoonfuls of mixture onto greased oven trays, leaving room for them to spread. Bake at 100 C for 20 minutes (212 F). Put onto a cooling tray to cool completely before packing away. Makes about 30.

Anzac biscuits were originally made during World War I and sent to soldiers serving overseas. The ingredients were chosen because they were freely available at the time and wouldn't spoil on the long journey to where the troops were stationed. Eggs, for example, were never part of the recipe because of the egg shortage during the war years. Over time the recipe evolved, but the main ingredients stayed the same. They are now baked all year round, but are more common in April around Anzac Day.

Recipe courtesy of Joan Breznell from the Country Women's Association (Australia).