Safari Anzac Biscuits (cookies)

From "And Beyond" safari camps, Africa



1 cup cake flour, [I think you could use all-purpose
1 cup oatmeal
1 cup dessicated coconut (desiccated means unsweetened)
1 cup light brown sugar
1/4 teaspoon salt
1/2 cup butter
3 tablespoons golden syrup, or Karo syrup
2 tablespoons boiling water
1 teaspoon baking soda
1 1/4 cups seeds, flax, pumpkin seeds and sesame seeds

Per Serving (excluding unknown items): 239 Calories; 17g Fat (61.3% calories from fat); 4g Protein; 21g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 145mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 20

1. Preheat oven to 180° C or 350° F. Grease baking sheets.
2. Sift the flour into a large bowl, add oats, coconut, sugar and salt. Stir to combine.
3. Melt butter and syrup in a small saucepan over low heat.
4. Dissolve the baking soda in the boiling water and set aside.
5. Add water to the melted butter mixture, then add the liquid to the dry ingredients and mix well. Add the seeds and mix well.
6. Roll 1 1/2 T sized balls and place on greased cookie sheets. The batter is a bit on the dry side, so it takes some elbow grease to get them to hold their shape. Allow room for the cookies to spread. Flatten the dough some with the palm of your hand.
7. Bake for 10 minutes, or until golden brown. Do not over bake.
8. Remove from oven, place biscuits on cooling racks. Store in an airtight container for up to a month. The note on the recipe says: "Serve as a wake-up biscuit or for morning game drives." Yes, indeed!