



24

Servings

15_{min}

Prep Time

18_{min}

Cook Time

30_{min}

Total Time

Keto ANZAC Cookies

Ingredients

110g almond meal
95g flaked almonds
75g desiccated coconut
125g butter
50g Sukrin Syrup Gold
30g Sukrin Brown Sugar (GOLD)
1tsp vanilla extract
1tsp bicarb soda
1tbsp water

Macros Per Serve

Calories - 114 | Fat - 10.8g
Net Carbs - 0.6g | Protein - 2g

Conventional Method

- 1 Preheat the oven to 170° and line two baking trays with paper.
- 2 Place butter, Sukrin Syrup Gold, gold granular sweetener and vanilla extract in a saucepan over low heat and stir until the butter has melted and all ingredients have been combined.
- 3 Pour the butter mix into a bowl and add the almond meal, flaked almonds and desiccated coconut. Combine well with a spatula or wooden spoon.
- 4 Add the bicarb soda and water and stir until combined.
- 5 Spoon heaped teaspoon sized balls onto the baking trays and gently flatten slightly. Just enough so the top is flat and not round.
- 6 Bake in the oven for 15 - 18 mins or until golden.
- 7 Remove from the oven. The biscuits will harden as they cool but the inside will remain nice and chewy.

Thermomix Method

- 1 Preheat the oven to 170° and line two baking trays with paper.
- 2 Place butter, Sukrin Syrup Gold, gold granular sweetener and vanilla extract in the Thermomix bowl and mix for 3 mins/80°/sp2.
- 3 Add the almond meal, flaked almonds and desiccated coconut, and mix for 30 sec/sp3/reverse.
- 4 Add the bicarb soda and water and mix for 30 sec/sp3/reverse.
- 5 Spoon heaped teaspoon sized balls onto the baking trays and gently flatten slightly. Just enough so the top is flat and not round.
- 6 Bake in the oven for 15 - 18 mins or until golden.
- 7 Remove from the oven. The biscuits will harden as they cool but the inside will remain nice and chewy.