AUSTRALIAN · DESSERT · SNACK

Keto Anzac Biscuits with Brown Butter and Coconut

35 min · Makes 16 × 1 biscuit · 133 kcal a portion · Video 9:59 · Have Butter will Travel

Vegetarian · Gluten-free ingredients

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Almond flour, coconut and brown butter replace the oats, flour and golden syrup, sweetened with a monk fruit and erythritol syrup: about 2 g net carbs and nearly 3 g fibre a biscuit.

Diet notes: Keto (1.9 g net carbs a serve).

Ingredients

8 · MAKES 16 × 1 BISCUIT

- [ ] 3½ oz **butter**, cubed
- [ ] ½ cup **sugar-free golden syrup** (Lakanto golden malt flavoured: monk fruit and erythritol, labelled gluten-free)
- [ ] ½ tsp **bicarb soda**
- [ ] ¼ tsp **salt**
- [ ] 5 oz **almond flour**
- [ ] 1¾ oz **coconut flour**
- [ ] 1¾ oz **coconut flakes**
- [ ] a little **oil**, for the fork

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 320°F and line a large tray with baking paper. Melt the butter in a small saucepan over medium heat and let it bubble until the foam dies down and it turns nutty brown. 2:30
2. Take the pan off the heat, add the sugar-free golden syrup, then return it to the heat and simmer 2–3 minutes until it comes together. 3:41
3. Stir in the bicarb soda (it foams up like honeycomb), then take the pan off the heat. 4:18
4. Stir in the salt and half the almond flour, coconut flour and coconut flakes, then the rest, until a dough forms. 4:47
5. Roll the dough into 16 tablespoon-sized balls on the tray, then press each flat with a lightly oiled fork. They won't spread. 6:22
6. Bake about 12 minutes until golden brown. Cool on the tray for 5 minutes, then on a wire rack until completely cool. 8:11

> **Tip** These come out soft and crumbly rather than crunchy, as the cooks point out; the coconut flakes stand in for the oats' texture. Browning the butter is optional but adds a caramel flavour.

The method is a summary in our words — the video shows every step.

One portion (1 biscuit) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
133 kcal	2.9 g	4.6 g	2.7 g	12 g	80 mg
560 kJ	6% of a day	1.9 g net · 0.9 g sugars	10% of a day	5.7 g saturated	4% of a day
		2% of a day		16% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 1.9 g net carbs, 85% of the energy from fat

Source of (10–19%) Vitamin E 17%

Recipe and video: Have Butter will Travel (@HaveButterwillTravel) on YouTube — youtube.com/watch?v=UV3GuhI4X5o, published 13 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-anzac-biscuits-brown-butter