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The ultimate raw Anzac cookie recipe is here



Raw Anzac cookies. Image credit: The Healthy Chef

24th Apr 2018

JODY SCOTT

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If you are looking to put a healthier spin on your Anzac cookies this year, this is it.

Teresa Cutter, also known as **The Healthy Chef**, is a classically trained pastry chef, nutritionist, cookbook author and former fitness trainer—and she knows how to make super healthy sweet treats that will satisfy your cravings without sacrificing flavour.

Cutter says most traditional Anzac biscuit recipes can contain lots of white flour, sugar and syrup. “This means they are high in refined sugars,

elevating insulin and providing no nutritional value,” she says. “These little no-bake biscuits are loaded with the goodness your body craves. They take only a few minutes to make and are packed with protein, minerals and fibre.”

Read on for the ultimate raw Anzac cookie recipe from the bestselling author of **Purely Delicious** and **Healthy Baking**.

Raw Anzac cookies

Ingredients

- 200g natural peanut butter
- 150g fresh pitted medjool dates
- 1 1/2 cups organic rolled oats
- 1/2 cup organic desiccated coconut
- 1/4 cup pumpkin seeds
- 1 teaspoon vanilla bean paste
- 1 tablespoon water to mix if needed
- Pinch of sea salt

Method

1. Combine dates, oats, coconut, salt, vanilla and peanut butter into a food processor and mix until combined. Mixture should look like bread crumbs.
2. Add a tablespoon of water and mix again so that the biscuits combine and stick together when pressed.
3. Form mixture into biscuits using a small ice cream scoop or a teaspoon and set in the refrigerator for at least one hour before eating.
4. Store in the refrigerator for up to one week and enjoy.



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