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**Olympics 2016 – Australia!**

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There are 410 Australian athletes that will participate in the 2016 Summer Olympic Games. Did you know that Australia (along with Greece), are the only nations that compete at every Olympic games in the modern era?

Anzac refers to Australian and New Zealand Army Corps. On April 25th, 1915, Australia and New Zealand soldiers set out to capture Gallipoli. Although the mission failed, Anzac Day is a day to commemorate and honour everyone who served and died in all wars. During World War One, people would send Anzac biscuits to soldiers in the front lines because these biscuits would not spoil easily. Today, they’re sold everywhere, all year round.

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**Anzac Biscuits (Serves 16)**

Ingredients:

* 1 cup rolled oats
* 1/2 cup plain flour
* 1/4 cup plain whole wheat flour
* 1/2 cup desiccated coconut
* 1/2 cup brown sugar
* 2 tbsp honey
* 1/4 cup canola or rice bran oil
* 1 tsp baking soda
* 2 tbsp water

Directions:

1. preheat oven to 180 C
2. combine oats, flours, coconut, and sugar in bowl
3. stir honey, oil, and water in a microwave-safe bowl and microwave for 25-30 seconds
4. whisk in baking soda until well combined
5. add liquid mixture to dry ingredients and mix well
6. drop teaspoons of mixture on baking tray and flatten
7. bake for 10-15 minutes or until golden