
Oatcakes

Description

Chef's Note: Wonderful to have as a hearty snack, these travel well when you are out enjoying nature, hiking or at the beach. Also great for breakfast with a warm cup of Chai. A favorite of my husband; he took to work each day for over 10 years. They freeze well too.

Total time: 30 min Yield: 4 to 6 servings

Ingredients

2 cup quick rolled oats
1 cup whole wheat pastry flour or oat flour
1/4 cup cane sugar
1/4 tsp salt
1 tsp baking powder
1 tsp cinnamon
1/4 tsp nutmeg
1/4 - 1/2 cup dried fruit of choice
1 tsp vanilla
1/4 cup vegetable or canola oil
1/4 cup applesauce
1/2 cup water (or more as needed)

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

Preheat the oven to 350°. In a medium sized bowl, mix together the oats, flour, sugar, salt, baking powder, cinnamon and nutmeg. In a separate bowl, combine the dried fruit, vanilla, oil, applesauce and water. Once both bowls are thoroughly mixed, add the wet ingredients to the dry ingredients and mix well.

Place the mixture onto a clean and dry work surface and pat down firmly until it is approximately 1" high. Use a biscuit cutter to create oatcakes and place on a non-stick baking pan.

Bake for 17 to 23 minutes or until nicely browned and firm. Start checking in at 17 minutes to monitor done-ness.

Recipe brought to you by:

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