



# SIMPLE GLUTEN-FREE OAT CAKES

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

MAKES 10-12

150g pinhead oats (steel cut oats)

70g buckwheat flour (or rye or wholemeal)

6 tablespoon water

30g butter, cold

1 teaspoon salt

1/2 teaspoon bicarbonate soda

Extras:

Ground cumin

Sweet smoked paprika

Fresh rosemary

Oregano

## PREP TIME

prep time: 10mins

cook time: 15mins

## METHOD

- Preheat the oven to 175°C.
- In a medium bowl, mix together the oats, flour, soda and salt.
- Cut the butter up in small cubes, add and rub into the oat and flour mixture with your fingers. Make sure it is well broken up and mixed through.
- Add the water and mix together and form a ball. It will be sticky.
- Lightly flour a surface and a rolling pin and roll out the mixture, keeping it quite thick (3-5mm). I sometimes don't use the rolling pin and just use the palm of my hands to flatten the dough.
- Cut out circles of the dough (with a cookie cutter) and place on a baking sheet tray. Reassemble the dough and cut out some more until all has been used.
- Bake in the oven for about 15mins. They should feel dry and turn slightly golden.

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