



Toasted Coconut & Quinoa Oatcakes



MAKES 20-24 CAKES

TOOLS

2 baking sheets
Unbleached parchment paper
Large glass bowl
Small glass bowl
Dish towel
Silicone spatula (or large spoon)
Cookie cutter or glass with 2 ½-3" diameter

INGREDIENTS

1 ¼ cup gluten-free oats
½ cup quinoa flakes
½ cup shredded unsulphered coconut
1 ¼ cup boiling water
2 tbsp coconut oil
½ tsp fresh lemon zest
¼ tsp fine ground sea salt

STEPS

1. Preheat oven 350°F. Start a pot of boiling water (add a little more than 1 ¼ cup).
2. Line a baking sheet with parchment. Toast quinoa flakes 7 minutes.
3. Remove from oven, place 2 tbsp in small glass bowl. Add 2 tbsp oats to small bowl and place the rest of the quinoa flake and oats in a large glass bowl.
4. Now sprinkle coconut evenly only your parchment-lined baking sheet. Toast for 3-4 minutes, no longer—it will cook up quickly and you don't want it to burn.

5. Place coconut in the large glass bowl.

6. Prepare your lemon zest and add to large glass bowl.

7. Add salt, coconut oil and oats to the large glass bowl. Pour 1 ¼ cup boiling water into large glass bowl and fold together with silicone spatula for about 2 minutes. Then cover with a towel and let it sit for 10 minutes.

8. Remove towel and lay out a baking sheet-sized piece of parchment on your counter (I like to reuse the sheet(s) I used for toasting quinoa flakes/coconut). Place Oatcake dough onto parchment. Press down with hands, and then lay another baking sheet-sized piece of parchment on top and with a rolling pin, or large, sturdy glass, carefully roll out dough to about 1/4" thickness.

9. Peel back parchment from top, and sprinkle with oats and flakes from small bowl. Lay parchment back down and roll a few times to make it stick.

10. Then peel back parchment and using a glass or cookie cutter, press into dough to make rounds.

11. If your dough comes up with the glass, just carefully push dough up and out of glass.

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12. Start arranging cakes onto a parchment-lined cookie sheet.

13. Keep re-rolling dough until you use it all up.

14. Once baking sheets are lined, let your cakes sit out to dry for 2-3 hours.

15. Then bake at 250°F for 3-4 hours. They take time, but it's so worth it.

16. Serve Oatcakes topped with a spread of coconut oil and raw, wild-harvested honey or jam.

IF YOU MAKE THIS RECIPE...

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