

# OAT Pan-cake Recipe

## Ingredients:

1. 1 Cup organic Oats, when milled it is  $\pm$  2 cubs of Stone milled flour,
2. 1 tsp earth salt,
3. 2 tsp Instant yeast,
4. 3-4 Eggs,
5.  $\pm$ 400 ml lukewarm distilled water and
6. 15 ml Olive oil.

## Preparation:

1. Set your stone mill to a medium-fine setting; remember the mill must be switched on.
2. With the mill switched on pour the oat grain in the hopper.
3. Mix all the dry ingredients.
4. Add the lukewarm water, mixed eggs and the olive oil to the dry ingredients.
5. Mix thoroughly, and allow standing for  $\pm$  1 hour.
6. Pour the dough into the pre prepared pan.
7. Bake until ready to be turned
8. Sprinkle cinnamon, and honey over every pancake and a small squeeze of lemon, or use your own filling.

This recipe produces  $\pm$  12 medium pancakes.

Enjoy it &



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