

Maize flapjack's

Ingredients: (Serving 5 adults)

1 cup organic maize grain

1/2 tsp Himalayan rock salt

5 x organic eggs, beaten (for a single portion, one egg for every 40 gram of maize grain)

1 tsp vanilla powder

2 Tbsp coconut oil/butter

1 cup (250 ml) pure water

Preparation:

1. Clean and measure the grain.
2. Set your stone mill to fine (4 clicks to the right from where the stones touch); remember the mill must be switched on.
3. With the mill switched on pour the grain into the hopper.

Note: Remember once a grain seed has been milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand.

4. Thoroughly mix all the dry ingredients.
5. Blend the beaten eggs and the melted coconut oil.
6. Add the blended eggs to the dry ingredients.
7. Mix the dough for \pm one minute.
8. Oil a pan with coconut oil.
9. Scoop the dough into a warm pan heated at low temperature on the stove. The dough should be \pm 2-3 mm thick and fill the whole pan.
10. Put a breathable, i.e. wonder lid on the pan.
11. Cook on the stove at low-med temperature for \pm 2 minutes.
12. Turn the pancakes over with a wooden egg lifter.
13. Cook at low temperature for a further 1 minute.
14. Divide in 4 quarters.
15. Serve with butter, cinnamon powder and honey.

Enjoy it &



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