

Pumpkin & Spelt Flapjacks

Ingredients:

1. 1 cup Spelt Grain
2. 2 cups chopped Butternut (uncooked)
3. 2 – 4 Garlic Cloves to taste
4. ¼ tsp Cayenne pepper
5. ½ tsp Himalayan rock salt
6. 2 Tbsp of Carotino palm fruit oil

Preparation:

1. With a stone mill set to fine, mill the Spelt grain to fine flour.

Remember once a grain seed/berry has been rolled or milled, the inside nutritional parts are exposed to oxygen, the grain is literally dead, then the natural process of decomposition starts, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand. One can store grains for years under the ideal conditions and they will still be able to sprout.

2. Insert the S-blade into a Magi Mix and mix/chop all the ingredients until a smooth pumpkin dough is reached (± 2 min).
3. Oil a pan with Carotino oil.
4. Scoop the pumpkin dough into a lukewarm pan heated at low temperature on the stove. The dough should be ± 5 mm thick and 7cm diameter and is enough for ± 8 flapjacks. Put a lid on the pan.
5. Cook on the stove at low temperature for ± 10 minutes, until the top starts to set. The lid should be warm at this stage.
6. Turn the flapjacks over with a wooden egg lifter.
7. Cook at low temperature for a further ± 4 minutes.
8. Serve and enjoy!

Serves 5 people

Enjoy it &



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