

Teff Flap-Jacks

Ingredients:

1. 1 Cup whole Teff grain
2. 1 tsp Vanilla powder
3. 1/2 tsp Himalayan rock salt
4. 5 x Organic Eggs, beaten (for smaller portions one egg for every 40 gram of Teff grain)
5. 4 tsp Honey
6. 5 tsp Coconut oil
7. 1/3 cup purified water

Preparation:

1. Decant 1 cup teff 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, water, honey 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 lukewarm pan heated at low temperature on the stove. The dough should be \pm 5 mm thick and 7cm diameter and is enough for \pm 8 flapjacks.
10. Put a breathable, i.e. wonder lid on the pan.
11. Cook on the stove at low temperature for \pm 3 minutes, until the top starts to set. The lid should be warm at this stage.
12. Turn the pancakes over with a wooden egg lifter.
13. Cook at low temperature for a further \pm 2 minutes with the lid on.
14. Serve and enjoy!

Serves 5 adults

Enjoy it &



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