

# Vegan Gluten Free Nova Scotian Oatcakes

**Recipe makes:** 12 servings (1 oatcake per serving)

**Preparation time:** 15 minutes

**Cook time:** 15 minutes

**Equipment:** one oven, one 13\*18-inch (33\*45 cm) baking sheet, parchment paper, one set of measuring cups, one set of measuring spoons, one medium mixing bowl, one large spoon, one fork, one rolling pin, one butter knife, one pair of oven mitts, one small microwave-safe bowl (optional), one microwave (optional)

## What you need to make this recipe:

- ✓ 1 cup certified gluten-free all-purpose flour or oat flour
- ✓ 2 cups certified gluten-free rolled oats
- ✓ ½ cup brown sugar
- ✓ ¼ teaspoon baking soda
- ✓ ½ teaspoon salt
- ✓ 1/3 cup vegan butter, cold
- ✓ 1 ripe avocado, peeled, cored, and mashed
- ✓ ¼ cup warm water (if needed)
- ✓ Vegan chocolate (optional, for chocolate drizzle)

## How to make Vegan Gluten Free Nova Scotian Oatcakes:

### Part 1: Oatcakes

1. Preheat the oven to 190°C (375°F).
2. Line a 13\*18-inch (33\*45 cm) baking sheet with parchment paper.
3. Put the flour, oats, sugar, baking soda, and salt in a medium mixing bowl. Stir with a large spoon until combined.
4. Add the butter and avocado to the flour mixture. Using a fork or clean hands, mix until combined.
5. Continue to mix the dough until it sticks together. If the dough is too dry to stick together, add a small amount of warm water (up to ¼ cup) to the dough and mix until combined. Shape the dough into a ball.
6. Sprinkle a small amount of gluten-free all-purpose flour on a clean flat work surface, like a counter or large cutting board. Put the dough on the work surface.
7. Sprinkle a small amount of gluten-free all-purpose flour on top of the dough. Using a rolling pin, roll the dough into a rectangle ½ inch (1.5 cm) thick.
8. Cut the dough into 12 squares or rectangles using a butter knife. Put each oatcake on the prepared baking sheet, at least ½ inch (1.5 cm) apart.
9. Bake the oatcakes for 15 minutes or until they are golden brown.
10. Let the oatcakes cool on the baking sheet before serving.

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## Part 2: Chocolate drizzle (optional)

1. Put the chocolate in a small microwave-safe bowl.
2. Microwave the chocolate for 30 seconds. Stir the chocolate. Repeat until the chocolate is melted and smooth.
3. Using a fork, drizzle the chocolate on top of the cooled oatcakes. Let the chocolate cool before serving the oatcakes.

Nutrition Facts	
Per 1 oatcake (30g)	
Calories 110	% Daily Value*
<b>Fat</b> 4.5 g	6 %
Saturated 1.5 g	8 %
+ Trans 0 g	
<b>Carbohydrate</b> 16 g	
Fibre 2 g	7 %
Sugars 5 g	5 %
<b>Protein</b> 1 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 105 mg	5 %
Calcium 10 mg	1 %
Iron 0.4 mg	2 %
Vitamin A 10 µg	1 %
Vitamin C 0.6 mg	1 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard: Moderate</b>	

## **About this recipe:**

Oats contain fibre, including soluble fibre. In our gut, soluble fibre can attach to cholesterol (a type of fat), which stops the cholesterol from going into our blood. Getting enough soluble fibre in our diet can help keep the amount of cholesterol in our blood from getting too high, which can help keep our heart healthy.

## **Storage information:**

Store the oatcakes in an air-tight container at room temperature for up to 3 days, in the fridge for up to one week, or in the freezer for up to one month.

Put a label with the date you made the oatcakes on the container so you know how long they have been stored for.

