

114 Highfield St, Moncton, NB
Tel: (506) 875-5709
www.reneepurdy.com

Oat and Seed Flatbread

1/2 cup gluten-free rolled oats
1/4 cup raw buckwheat groats
1/2 cup chia seeds
1/4 cup raw sunflower seeds
1/4 raw pumpkin seeds (pepitas)
1 tsp dried oregano
1/2 tsp dried thyme
1/2 tsp sea salt
1/4 tsp garlic powder
1/4 tsp onion powder

Preheat oven to 325F. Line a 9-inch square cake pan with 2 pieces of parchment paper, one going each way.

Place the oats and buckwheat groats in a high-speed blender and blend on high until a fine flour forms.

In a large bowl, combine the oat and buckwheat flour with the remaining ingredients. Stir until well combined.

Stir in 1 cup of water until well combined. The mixture will be very runny.

Pour the mixture into the pan and spread it out evenly with a spatula. Sprinkle with additional salt if desired.

Bake uncovered for 25 minutes or until firm to the touch. Let the bread cool in the pan for 5 minutes and then transfer to a cooling rack for 5 to 10 minutes. Slice and enjoy!

Source: The Oh She Glows Cookbook, Angela Liddon