

## Oat Crackers

225g/8oz Oatmeal flour (can be made by putting ordinary porridge oats in a blender!)

Some extra oatmeal flour for dusting rolling surface and hands

½ teaspoon bicarbonate of soda

½ teaspoon salt

150ml water

1 rounded tablespoon unsalted butter / dairy-free spread.

Optional additions –choose from e.g.;

25g dried cranberries, chopped

1 teaspoon of a herb e.g. rosemary

1 teaspoon cracked pepper

25g crystallized ginger, chopped

1. Heat oven to 180C/ fan 150C/gas 4.
2. Put the oatmeal, bicarbonate of soda and salt into a bowl and mix well. Stir in the optional addition e.g. cranberries.
3. Heat the butter and 150ml water in a small pan until the butter melts. (We found you could melt the butter/spread in a jug of 150ml recently boiled water with the same result but you need to let it cool for a while and stir before adding to mixture).
3. Make a well in the centre of the oatmeal mix, pour in the liquid and mix everything together. The mixture will seem a bit wet for a while but will gradually become a soft dough which you can squash together into a ball, like play dough (just add a little oatmeal if it doesn't!).
4. Lightly dust a clean surface with oatmeal. Roll out dough to about 5mm thick. Use a small biscuit cutters (or knife) to cut out the oatcakes. Re-roll any trimmings and continue to cut out biscuits. [Cut biscuits can be frozen, uncooked, for up to a month. Freeze flat before packing into bags or boxes].
5. Brush off any excess oatmeal, then space the oatcakes over greased baking paper on 2 baking sheets. Bake for about 20-30 mins (depending on the oven), carefully turning the oatcakes every 5 mins or so to stop them from steaming and going stodgy.
6. When cooked, they should be crisp and lightly golden. Lift onto a wire rack and leave to cool. Will keep in an airtight container for up to 5 days.