



GLUTEN-FREE FLAPJACK STACK

This healthier alternative to the tradish' flapjack happens to be gluten free. In this recipe we show you how to make them using an activated gluten-free flour mix.

Makes 12 – 16 (serves 4)

- * 4 cups (4 × 250 ml) gluten-free flour mix (detailed below)
- * 2 tsp baking powder
- * 1 tsp sea salt
- * 1 Tbsp superfood powder
- * ¼ cup (4 Tbsp) coconut sugar
- * 3 cups (750 ml) plant-based milk
- * 4 Tbsp coconut oil, melted
- * 2 medium-sized ripe bananas, peeled and chopped
- * 2 Tbsp apple cider vinegar or lemon juice
- * Coconut oil or canola oil, for frying

FOR SERVING

- * Chocolate-hazelnut spread or almond butter
- * Coconut yoghurt
- * Fresh blueberries or seasonal berries, dried cranberries or goji berries
- * Mixed nuts, chopped
- * Hemp seeds or mixed seeds, optional
- * Edible flowers, optional

1 Combine the flour, baking powder, salt, superfood powder and coconut sugar in a large bowl and stir with a wooden spoon.

2 Place the milk, coconut oil, bananas and apple cider vinegar in a blender and blend to a smooth paste.

3 Pour the milk mixture into the flour in small amounts, stirring to form a thick batter (you may not need all the liquid).

4 Heat some coconut oil in a non-stick pan on a medium heat. Pour or ladle in 1/3 cup batter per flapjack. Cook for 1 minute or until golden, then flip and cook the other side. (Don't overcrowd the pan, make just two or three at a time.) Continue until all the batter is used, placing the cooked flapjacks on a plate in the oven to keep warm.

5 To serve, spread 3 – 4 flaps with chocolate-hazelnut spread or almond butter and stack them. Top with a tablespoon of yoghurt and scatter over the berries, nuts and seeds. Garnish with edible flowers.

GLUTEN-FREE FLOUR MIXES

• The kind kitchen gluten-free flour mix: Sift together 2 cups (2 × 250 ml) rolled oats, 1 cup (250 ml) rice flour, and 1 cup (250 ml) quinoa flour. Store in an airtight container.

• Other gluten-free flour mixes: Combine 2 cups (2 × 250 ml) chickpea flour, 1 cup (250 ml) brown rice flour, 1 cup (250 ml) teff flour. For a more textured flour, use 2 cups (2 × 250 ml) dry rolled oats, 1 cup (250 ml) rice flour and 1 cup (250 ml) tapioca flour. Store in an airtight container.

• Activated gluten-free flour mix: Activating the enzymes in raw quinoa or raw oats by soaking makes them easier to digest. The process takes time, so get going the night before. Soak 2 cups (2 × 250 ml) rolled oats and 1 cup (250 ml) quinoa in water overnight (± 8 – 12 hours), or in lukewarm water for at least 2 hours. Drain, then blend with 3 cups (750 ml) plant-based milk, 4 Tbsp melted coconut oil, 2 bananas, roughly chopped, and 2 Tbsp apple-cider vinegar. Pour into a large bowl and add 1 cup (250 ml) rice flour, 2 tsp baking powder, 1 tsp salt, 3 – 4 Tbsp coconut sugar and 1 Tbsp maca powder (or other superfood powder). Whisk well.