



These little flapjacks are quick to make and very versatile. Serve warm with whipped cream and berries.

## Buttermilk flapjacks

200 g almond flour  
30 ml coconut flour  
60 ml cocoa powder  
a pinch of salt  
5 ml baking powder  
20 ml erythritol  
4 eggs  
grated zest of 1 orange  
125 ml buttermilk  
60 ml melted butter

1. Combine all the dry ingredients in a large mixing bowl.
2. Beat the eggs, orange zest and buttermilk in an electric mixer.
3. Add the dry ingredients to the wet ingredients and mix through.
4. Heat a large non-stick frying pan over medium heat and brush with melted butter. Drop tablespoonfuls of the batter into the pan, leaving enough space between them to allow the batter to spread.
5. Cook until bubbles appear on the surface, then turn over the flapjacks and cook on the other side for about 1 minute. Do not overcook or they will become dry.
6. Repeat until you have used up all the batter.

*Makes about 12*

### short cuts

- For lemon flapjacks, leave out the cocoa powder and replace the orange zest with lemon zest. If the batter is too runny, add an additional 15 ml coconut flour.
- For savoury flapjacks, leave out the cocoa powder, erythritol and orange zest. Serve with dollops of crème fraîche and smoked salmon.