

Stone age Oat Flat Bread

Ingredients:

- 1kg Oat flour
- 600mls Water
- 1 teaspoon salt
- Optional: flavour with herbs



Method:

1. Grind oats into flour using a pestle and mortar (or blender!)
2. Mix the Oat flour, water and salt together
3. Shape into fist-sized patties
4. Cook on the hob or barbeque until firm.