

# Oatcakes (makes 15)

Oatcakes have long been a part of the Scottish diet, and like many traditional recipes this simple savoury oat biscuit is subject to many slight variations. The type of oatmeal used affects the texture of the oatcake and more modern varieties can also be flavoured with things like cheese, herbs or seeds. This recipe is for a plain oatcake and although traditionally topped with butter and cheese, oatcakes are suited to all kinds of sweet and savoury toppings.

## Ingredients

165g oatmeal (keep 30g in reserve to sprinkle on work surface)
15g melted butter
¼ teaspoon of bicarbonate of soda
Pinch of salt
75ml hot water

## Method

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Put the oatmeal in a bowl and mix with the bicarbonate of soda and salt.
3. Add the butter and water.
4. Stir well with a wooden spoon.
5. Sprinkle the work surface with the reserved oatmeal.
6. Roll out the dough to the desired thickness and cut out rounds.
7. Place on a baking tray and bake for about 25 minutes.
8. Once cool keep in an air tight container.

## Nutrition information

Per 100g	Energy 1882kJ 448kcal	Fat 15.0g	Saturates 4.4g	CHO 61.0g	Sugars trace	Protein 12.4g	Fibre 9.9g	Salt 0.87g
Per Oatcake 11g	Energy 207kJ 49kcal	Fat 1.7g	Saturates 0.5g	CHO 6.7g	Sugars trace	Protein 1.4g	Fibre 1.1g	Salt 0.10g

Oat/Barley content

**10g**  
per  
oatcake

