

Almond milk oatcakes with raspberry compote

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These high-fibre oatcakes are made with 100 per cent whole grains and no butter. A quick raspberry compote is a nice change from maple syrup.

Ingredients (serves 4)

Oatcakes

- 2 cups almond milk
- 1 large egg
- 1½ cups rolled oats
- ½ cup wholemeal flour
- 1 tbsp coconut sugar
- 1 tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt

Raspberry Compote

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- 2 cups raspberries, fresh or frozen (thawed)
- 2 tbsp agave syrup (or organic maple syrup), or to taste
- 1 tsp ground cinnamon

Method

To prepare oatcakes: Whisk almond milk and egg in a medium bowl. Combine oats, flour, coconut sugar, baking soda, half a teaspoon cinnamon and salt in another medium bowl. Stir the dry mixture into the wet mixture and let stand for 15 minutes. The mixture will bubble slightly as it sits.

To prepare compote: Meanwhile, place raspberries, agave syrup (or maple syrup) and one teaspoon cinnamon in a small heavy saucepan. Bring to a simmer over medium heat and cook, stirring occasionally, until the berries are mostly broken down, three to five minutes. Remove from heat and cover to keep warm.

Coat a large non-stick pan with cooking spray or light vegetable oil; heat over medium heat. Using quarter of a cup of batter for each, cook three oatcakes at a time until bubbles dot the surface, two to three minutes. Flip and continue cooking until browned, one to two minutes more, reducing heat if necessary to prevent overbrowning.

Serve the oatcakes with the compote.

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