

Heidi Swanson's Oat Cakes

oats, flax seeds, walnuts

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[csr notes: This recipe jumped out at me as soon as I saw it. What I didn't expect was the hearty texture, one without the wimpiness of a standard muffin or the dryness of a classic scone. Instead, they're sweet and heavy, filling and satisfying.]

3 cups / 10.5 oz / 300 g rolled oats
2 cups / 8 oz / 225 g spelt flour or whole wheat pastry flour
1/2 teaspoon aluminum-free baking powder
2 teaspoons fine-grain sea salt
1/4 cup / 1.5 oz / 45 g flax seeds
3/4 cup / 3 oz / 85 g chopped walnuts, lightly toasted (see page 219)
1/3 cup / 2.5 oz / 70 g extra-virgin coconut oil
1/3 cup / 3 oz / 85 g unsalted butter
3/4 cup / 180 ml maple syrup
1/2 cup / 2.5 oz / 70 g natural cane sugar
2 large eggs, lightly beaten

Preheat the oven to 325°F / 160°C with a rack in the top third of the oven. Butter a standard 12-cup muffin pan.

Combine the oats, flour, baking powder, salt, flax seeds, and walnuts in a large mixing bowl.

In a medium saucepan over low heat, combine the coconut oil, butter, maple syrup, and sugar and slowly melt together. Stir just until the butter melts and sugar has dissolved, but don't let the mixture get too hot. You don't want it to cook the eggs on contact in the next step.

Pour the coconut oil mixture over the oat mixture. Stir a bit with a fork, add the eggs, and stir again until everything comes together into a wet dough. Spoon the dough into the muffin cups, nearly filling them.

Bake for 25 to 30 minutes, until the edges of each oatcake are deeply golden. Remove the pan from the oven and let cool for a couple minutes. Then, run a knife around the edges of the cakes and tip them out onto a cooling rack. Serve warm or at room temperature.

makes 12 oatcakes