

Pumpkin seed oatcakes

Because of the pumpkin seeds in these savoury oatcakes, Poppy and Sam like to cut them out with a pumpkin-shaped cookie cutter – but you could use any cutter you like.

To make this recipe seed-free, dairy-free, vegan or gluten-free, follow the instructions on page 32.



2 Put the oats in a big bowl. Add the flour, salt and pumpkin seeds.



3 Put the water in a jug. Add the butter. Stir until the butter melts.



4 Pour the water mixture into the bowl. Mix everything together well.



1 Heat the oven to 180°C (160°C for fan ovens) or gas mark 4. Line the trays with baking paper (page 3).

Ingredients

Makes around 20

75g (3oz) porridge oats
75g (3oz) wholemeal flour
a pinch of salt
25g (1oz) pumpkin seeds
15g (½oz) butter or plant-based 'butter' from a block
75ml (3floz) warm water

You will also need 2 baking trays and a cookie cutter.

5 Use your hands to squash and squeeze the mixture into a ball.



6 Sprinkle flour over a surface and a rolling pin.



7 Roll out the dough until it is half as thick as a pencil.

Place the cutter so it's not cutting through any pumpkin seeds, as they can be tough.



8 Cut out lots of shapes. Put them on the trays.



9 Squeeze the scraps together, cut out more shapes and put them on the trays.



10 Bake for 12-15 minutes, until slightly browned. Leave to cool completely.

Variations

Instead of flour, you could use oat flour – make it by pulsing 75g (3oz) oats in a food processor.

If you're allergic to seeds, just leave them out.