



OAT FLOUR
Mini Cookbook



Fruits

- 3 Banana

Breakfast

- 1 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- 2 1/3 tbsps Cinnamon
- 2 tbsps Ground Flax Seed
- 1/2 tsp Nutmeg
- 1 1/8 tps Salt

Vegetables

- 2 Zucchini

Baking

- 1 1/8 tbsps Baking Powder
- 1 1/16 tbsps Baking Soda
- 1 1/8 cups Chocolate Chips
- 1/2 cup Coconut Sugar
- 1/2 cup Honey
- 6 3/4 cups Oat Flour
- 6 cups Oats
- 1 tbsp Vanilla Extract

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 1/4 cup Coconut Oil

Cold

- 1 1/2 tps Butter
- 1 Egg
- 6 Eggs
- 1 Large Egg
- 1 1/2 cups Unsweetened Almond Milk
- 2/3 cup Unsweetened Vanilla Almond Milk



Oat Flour Zucchini Bread

12 servings

45 minutes

Ingredients

3 cups Oats (2.75 cups oat flour)
 1 tbsp Cinnamon
 1/2 tsp Nutmeg
 1 tsp Baking Soda
 1 tsp Baking Powder
 1/4 tsp Salt
 1/3 cup Unsweetened Vanilla Almond Milk
 1/3 cup Maple Syrup
 2 Eggs
 2 Zucchini (shred, do NOT squeeze dry)
 2/3 cup Chocolate Chips (semi-sweet or dark chocolate)

Nutrition

Amount per serving	
Calories	182
Fat	6g
Carbs	30g
Fiber	4g
Sugar	13g
Protein	5g
Cholesterol	31mg
Sodium	162mg
Potassium	192mg
Vitamin A	112IU
Vitamin C	6mg
Calcium	59mg
Iron	2mg
Vitamin D	7IU

Directions

- 1 Preheat oven to 350F.
- 2 Using a food processor grind 3 cups of old fashioned rolled oats into fine oat flour. You want 2.75 cups of oat flour so if you end up short, grind more oats into flour. You want to grind so that your oat flour is very fine. (or you can purchase fine oat flour.)
- 3 In a large bowl, whisk together maple syrup, eggs, and unsweetened vanilla almond milk.
- 4 Add nutmeg, cinnamon, salt, baking soda, and baking powder to oat flour. Mix to combine evenly.
- 5 Next, add the wet mixture to the flour mixture and mix until totally combined. Fold in shredded zucchini and chocolate chips.
- 6 Let the mixture sit for five minutes. It might look like it's too thin, but it's not, it's perfect!
- 7 Spray parchment paper with cooking spray and line a glass bread dish with the paper. (could use a metal baking dish, but this may change the cooking time.) The paper will wrinkle, and this is the price we pay for easier cleanup!
- 8 Add mixture to your parchment paper lined bread pan and place it on the top rack of the oven.
- 9 Bake for 40-45 minutes until inserted toothpick comes out clean.
- 10 Let cool COMPLETELY so, it doesn't crumble. For best results, let it cool a couple of hours on the counter then in the refrigerator overnight. This will ensure it

doesn't crumble!



Oat Flour Chocolate Chip Cookies

18 servings

10 minutes

Ingredients

1 1/2 tps Butter (salted, softened)
1/2 cup Coconut Sugar
1 Egg
1/4 cup Maple Syrup
2 tps Vanilla Extract
2 1/2 cups Oat Flour
3/4 tsp Baking Soda
1/4 tsp Salt
1/2 cup Chocolate Chips

Nutrition

Amount per serving	
Calories	131
Fat	4g
Carbs	22g
Fiber	2g
Sugar	10g
Protein	4g
Cholesterol	11mg
Sodium	57mg
Potassium	14mg
Vitamin A	25IU
Vitamin C	0mg
Calcium	15mg
Iron	1mg
Vitamin D	2IU

Directions

- 1 Preheat 350F and line a baking sheet with parchment paper.
- 2 Cream together butter and sugar. Add in the egg, maple syrup, and vanilla extract and mix. Mix the dry ingredients (oat flour, baking soda, and salt.) Add dry ingredients to the wet ingredients and mix until just combined.
- 3 Fold in chocolate chips. Using a cooking scoop, place two tablespoons cookie dough at a time on a cookie sheet two inches apart. Bake for 10-12 minutes or until cookies are lightly golden brown around the edges. Leave the cookies on the sheet until they are completely cooled.



Honey Oat Bread

10 servings

1 minute

Ingredients

- 2 3/4 cups Oat Flour ((3 cups oats ground into oat flour))
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Honey
- 2 Eggs
- 1/2 tsp Salt
- 3/4 tsp Baking Soda
- 1/2 tsp Baking Powder

Nutrition

Amount per serving	
Calories	198
Fat	4g
Carbs	35g
Fiber	3g
Sugar	13g
Protein	7g
Cholesterol	37mg
Sodium	145mg
Potassium	17mg
Vitamin A	91IU
Vitamin C	0mg
Calcium	70mg
Iron	2mg
Vitamin D	16IU

Directions

- 1 Preheat oven to 350F.
- 2 Using a food processor grind 3 cups of old fashioned rolled oats into fine oat flour. You want 2.75 cups of oat flour so if you end up short, grind more oats into flour. You want to grind for at least two minutes so that your oat flour is very fine. (or you can purchase fine oat flour.)
- 3 In a large bowl whisk together honey, eggs, unsweetened vanilla almond milk, and salt.
- 4 Add baking soda and baking powder to oat flour in the processor. Process or hand mix for 10 seconds.
- 5 Next, add the flour mixture to wet ingredients and mix until totally combined. The batter will be runny, but should have some resistance.
- 6 Let the mixture sit for five minutes.
- 7 Spray parchment paper with cooking spray and line a glass bread dish with the paper. (could use a metal baking dish but this may change cooking time.) The paper will wrinkle, this is the price we pay for easier clean up!
- 8 Add mixture to your parchment paper lined bread pan and place on the top rack of the oven.
- 9 Bake for 40-45 minutes until inserted toothpick comes out clean.
- 10 Let cool COMPLETELY, ideally overnight. The bread is made just from oat flour so it is a bit crumbly, if you let it cool completely overnight it will be far less

crumbly!



Oat Flour Banana Muffins

12 servings

20 minutes

Ingredients

3 cups Oats (2.75 cups oat flour)
 3 Banana
 1/4 cup Unsweetened Vanilla Almond Milk
 1/3 cup Maple Syrup
 2 Eggs
 2 tsps Cinnamon
 1/8 tsp Salt
 3/4 tsp Baking Soda
 1 tsp Baking Powder

Nutrition

Amount per serving	
Calories	139
Fat	2g
Carbs	27g
Fiber	3g
Sugar	9g
Protein	4g
Cholesterol	31mg
Sodium	134mg
Potassium	211mg
Vitamin A	65IU
Vitamin C	3mg
Calcium	52mg
Iron	1mg
Vitamin D	7IU

Directions

- 1 Preheat oven to 350F.
- 2 Using a food processor grind 3 cups of old fashioned rolled oats into fine oat flour. You want 2.75 cups of oat flour so if you end up short, grind more oats into flour. You want to grind so that your oat flour is very fine. (or you can purchase fine oat flour.)
- 3 In a large bowl, mash bananas with a fork. Then, whisk together maple syrup, eggs, mashed bananas, and unsweetened vanilla almond milk.
- 4 Add cinnamon, salt, baking soda, and baking powder to oat flour. Mix to combine evenly.
- 5 Next, add the wet mixture to the flour mixture and mix until totally combined. The batter will be a little sticky, that's okay.
- 6 Let the mixture sit for five minutes.
- 7 Spray with cooking spray or line a muffin tin and fill each muffin hole 2/3 way full.
- 8 Bake for 15-18 minutes until an inserted toothpick comes out clean.
- 9 Let cool COMPLETELY. Ideally, let cool for a few hours on the counter, then let cool completely in the fridge overnight.



Cinnamon Flax Oat Flour Waffles

4 servings

10 minutes

Ingredients

- 1 1/2 cups Oat Flour
- 2 tbsps Ground Flax Seed
- 2 tps Cinnamon
- 1 tsp Baking Powder
- 1 tsp Apple Cider Vinegar
- 3/4 cup Unsweetened Almond Milk (or other milk)
- 1/4 cup Coconut Oil (or MELTED or melted butter)
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 1 Large Egg

Nutrition

Amount per serving	
Calories	377
Fat	20g
Carbs	39g
Fiber	6g
Sugar	6g
Protein	11g
Cholesterol	47mg
Sodium	171mg
Potassium	53mg
Vitamin A	165IU
Vitamin C	0mg
Calcium	210mg
Iron	3mg
Vitamin D	29IU

Directions

- 1 Preheat waffle iron.
- 2 Combine all dry ingredients in a bowl and mix well (ground flax, cinnamon, oat flour, and baking powder).
- 3 Mix your almond milk (or whatever milk you are using) with apple cider vinegar. Then quickly add almond milk, egg, and coconut oil to the dry ingredients. Mix until just combined, then add in vanilla extract and maple syrup.
- 4 Spray your waffle iron with non-stick cooking spray. I used avocado oil. Pour the ENTIRE mixture onto the waffle iron. Use a spatula to spread out the batter evenly across the entire waffle iron.
- 5 Cook for 8-10 minutes or until the waffle maker says it's ready. Keep in mind that these are denser than typical white flour waffles, so they will take longer to cook!
- 6 Store in the fridge up to one week, reheat in the toaster, it may take two rounds in the toaster to get crispy again.
- 7 Store in the freezer up to 3 months - can toast directly from frozen, it will take a few rounds though because they are thicker than typical waffles! A toaster oven would work too!