

Easy Low-Carb Oatcakes

Hands-on 10 minutes Overall 25-30 minutes

Nutritional values (per oat cake): Total carbs: 2.3 g, Fiber: 1.5 g, **Net carbs: 0.8 g,**

Protein: 2.4 g, Fat: 5.8 g, Calories: 67 kcal,

[Original recipe, Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 15 oatcakes)

1 1/4 cup ground unpeeled [almonds](#) (120 g/ 4.2 oz)

4 tbsp [flax meal](#) (28 g/ 1 oz)

1 tsp [baking soda](#)

1/4 tsp sea salt, plus more for topping

1 large egg

1 tbsp butter, melted (15 ml)

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Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional). Add the ground almonds, flax meal, baking soda and salt to a mixing bowl.
2. In a clean bowl, whisk the egg and melted butter together using a hand balloon whisk.
3. Add the wet ingredients to the dry and mix until combined. You may need to use your hands at the end.
4. Roll into a ball then chill in the fridge for 10 minutes. Roll the low-carb dough between two sheets of greaseproof paper or a silicone matt and greaseproof until about 0.5 cm/ 0.2" thick.
5. Using a 6.5 cm/ 2.4" cookie cutter, cut out the oatcakes and place on a greaseproof lined baking tray. Sprinkle with flakey sea salt.
6. Bake for about 12 minutes in the middle of the oven until golden. Place on a wire rack to cool.
7. Serve as a side with your favourite cheese, keto hummus or I love cream cheese and smoked salmon! Store in a glass Tupperware in the fridge for up to 3 days.

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