

Flour & buckwheat flour recipes

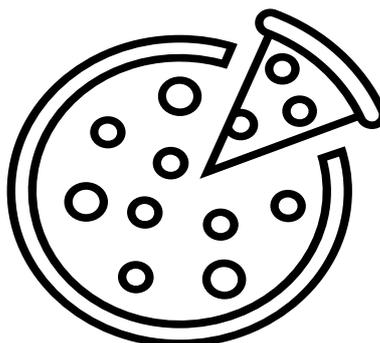


Living Things on the Farm Program - Foundation to Grade Two

Easy Pizza Dough

Ingredients:

- 1 cup self-raising flour
- 1 cup plain yoghurt
- Pinch salt
- 100g grated cheese
- 2 tbsp olive oil
- 2 large ripe tomatoes
- 5 basil leaves

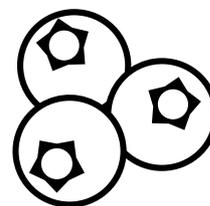
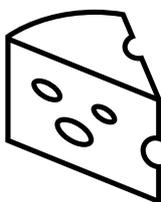
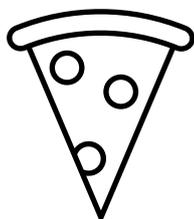


Method:

- Preheat oven to 180 C
- Mix flour, yoghurt and a pinch of salt together in a bowl.
- Tip onto clean bench top and knead with your hands until a ball of dough forms.
- Split in 2 and roll each out into a nice circle, set aside on a greased baking tray.
- Roughly chop tomatoes and basil, use your hands to squish the tomatoes.
- Add olive oil and a pinch of salt.
- Spread tomato mix over the pizza bases, add cheese and any other favorite toppings.
- Bake for approximately 15 minutes.

Option to substitute tomato passata, tomato paste or tinned tomatoes.

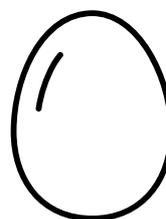
Note, the dough be also used to make naan bread. To make the nann bread, fry in a lightly oiled pan on a medium heat until cooked through.



Buckwheat pancakes

Ingredients:

- $\frac{3}{4}$ cup of almond meal (or almond flour)
- $\frac{1}{2}$ cup of buckwheat flour
- 2 eggs
- 125 mls of coconut milk (or half a cup)
- Pinch of salt
- 2 - 4 tbs maple syrup
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp of vanilla extract or powder



Method:

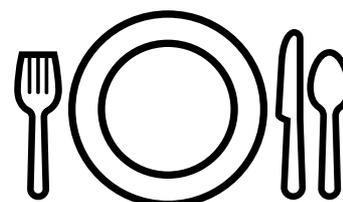
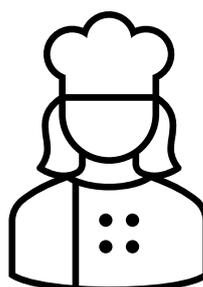
- Mix all ingredients with a high-speed food processor or by hand until smooth.
- Place a large pan over medium heat and coat with butter or coconut oil.
- Pour pancake mix into pan, use $\frac{1}{4}$ cup of mix for large pancakes or 2-3 tbs for mini pancakes.
- Cook pancakes for 1 to 2 minutes per side or until bubbles start to appear.

Serve immediately with toppings of your choice (i.e blueberries, lemon and sugar or maple syrup).

Lemonade scones

Ingredients:

- 1 cup thickened cream
- 1 cup lemonade
- 3 cups self-raising flour
- Pinch of salt
- Flour for dusting
- Jam and cream to serve



Method:

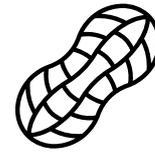
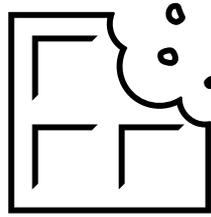
- Pre heat oven to 180 C
- Sift flour into large bowl, add cream then lemonade.
- Quickly and gently fold all ingredients together, trying to save as many bubbles as possible.
- Turn dough onto floured bench top, gently roll to about 2cm thick.
- Using a cutter or cup, cut out circles of dough, place on a lined baking tray.
- Bake for about 15 mins or until golden brown.

Serve with your favorite jam and plenty of cream.

Easy peanut butter & choc chip cookies

Ingredients:

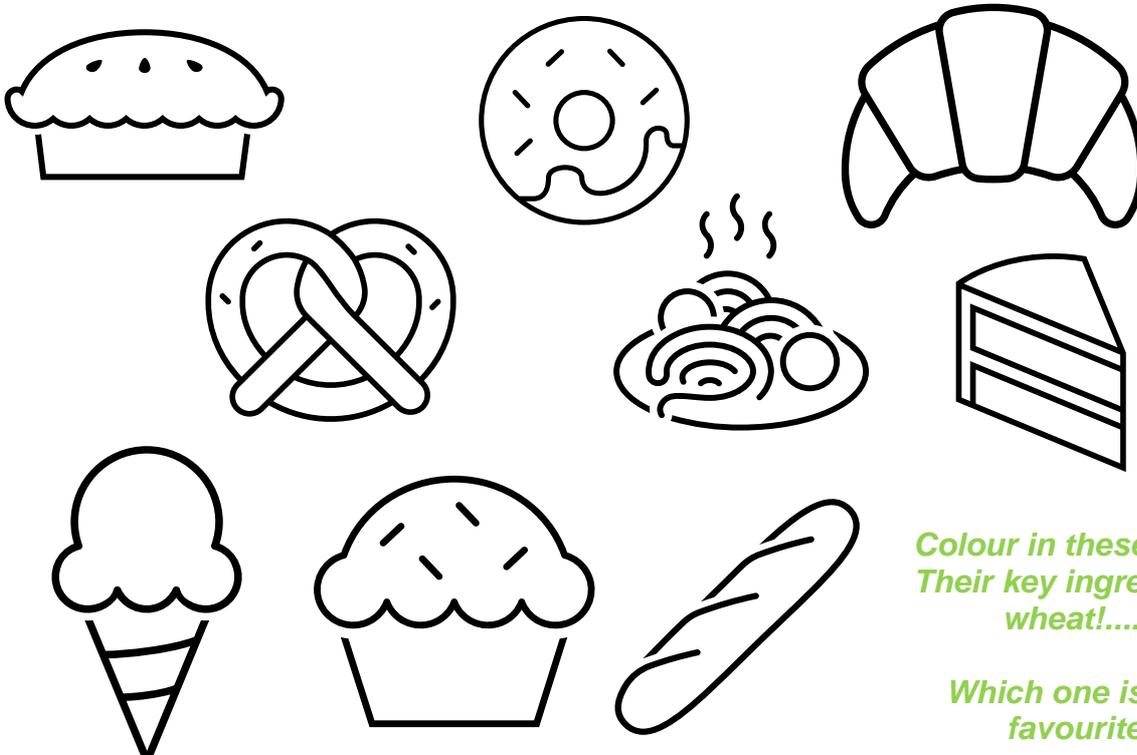
- 80g unsalted butter
- 80g salted peanut butter
- ½ cup sugar
- ½ cup brown sugar
- ½ tsp vanilla essence
- 1 egg
- 1 ¾ cups self-raising flour
- 150g choc chips or chunks



Method:

- Preheat oven to 180 C, line a large tray or two trays with baking paper.
- In a bowl, cream together butter, peanut butter, vanilla essence and sugars until pale and fluffy.
- Add the egg, then the flour and mix until combined.
- Fold in the choc chips.
- Roll mixture into teaspoon sized balls and place on prepared baking trays leaving space for the cookies to spread out.
- Bake for 8-10 mins, cool on the trays few minutes once cooked before transferring to a cake rake to finish cooling.

Add a sprinkle of salt flakes and use dark chocolate for a slightly more savory cookie.



*Colour in these foods!
Their key ingredient is
wheat!.....*

*Which one is your
favourite?*