



BIO MIT HAND UND HERZ!

Galette – basic recipe

Ingredients:

200 g	Werz buckwheat wholemeal flour, gluten-free
2 tbsp	Werz tigernut flakes, gluten-free
60 ml	coconut oil
100 ml	rice drink or water
1	pinch of salt

Preparation:

Preheat the oven to 175 degrees (top/bottom heat). Put all ingredients – except the 100 ml liquid – into a mixing bowl. While stirring, gradually add the rice drink or rather add water until a smooth dough is obtained. Roll out the dough on baking paper and then pull it onto a baking tray. This makes it easier to process. This galette dough is suitable for sweet and savoury toppings.

Recommendation: topped with fruit and pudding or as in the picture with tomato pesto, zucchini and parmesan.

When adding the toppings, make sure that a frame of 5 – 6 cm is left out, as it is then carefully folded in and pressed on. After a baking time of 25 minutes the galette is ready to eat.

Enjoy your meal.



gluten-free



vegan



For questions please mail to: info@werz.bio



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