

LOAVES

OAT FLOUR HAMBURGER BUNS



PREP TIME: 20 MINS



COOK TIME: 20 MINS



SERVES: 6 Buns



INGREDIENTS

2 cup	Oat flour
¼ cup	Tapioca flour
1 tbsp	Baking powder
½ tsp	Salt
2 tbsp	Honey
¼ cup	Unsalted butter
¾ cup	Milk
2	Large eggs
1 cup	Sesame seeds

DIRECTIONS

1. Preheat your oven to 375°F and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the oat flour, tapioca flour, baking powder, and salt until well combined.
3. In a separate bowl, mix the honey (or maple syrup), melted butter (or coconut oil), milk, and eggs until smooth.
4. Pour the wet ingredients into the dry ingredients and stir until you have a smooth batter. Let the batter rest for about 5 minutes to thicken slightly.
5. Divide the batter into 6 equal portions and shape each portion into a round bun shape. You can wet your hands slightly to prevent sticking.
6. Place the buns on the prepared baking sheet, leaving some space between them.
7. Optionally, brush the tops of the buns with a little milk or beaten egg and sprinkle sesame seeds on top.
8. Bake in the preheated oven for 18-20 minutes or until the buns are golden brown and a toothpick inserted into the center comes out clean.
9. Remove the buns from the oven and let them cool on a wire rack.
10. Once cooled, slice the buns horizontally to use for your favorite hamburgers or sandwiches.



Hinterland
FLOUR MILL

www.hinterlandflour.com