



# AMARANTO FLAKES

## FLAKES, ALMONDS AND SULTANA PASTRY

### INGREDIENTS

- 2 cups **amaranto flakes**
  - 1 cup corn flour
  
  - 50-70 g. sultanas
  - 50-70 g. almonds
  - 2 tablespoons oils
  - 6 tablespoons brown sugar
  - 1 teaspoon natural vanilla extract
  - 1 teaspoon cinnamon
  - ¼ teaspoon ground ginger and nutmeg
  - 1 teaspoon bicarbonate
  - 1/2 grated orange rind
  - water
- Optional**
- honey to color the cakes, grated coconut for decoration
  - cooking oil for the roasting pan

### PREPARATION

1. Place flakes, flour, sugar, species, grated rinds, bicarbonate, cut up almonds and sultanas into a bowl. In a cup, mix oil and vanilla extract with a trickle of water.
2. Incorporate liquid mix into solid mixture. Gradually add lukewarm water until the mixture forms a compact, not too hard bun. The mixture is not as soft as the bread mixture, nor are ingredients as blended since no flour is used.
3. Sprinkle oil into an oven pan and pour in the mixture. Roll dough out, until 1 cm thick approximately, with previously moistened hands to make the procedure easier.
4. Cut in vertical and horizontal lines on the top to form small squares the size you wish.
5. Bake in the oven at medium temperature for 25 minutes. Take out when edges are golden brown. Brush over with honey and sprinkle coconut for decoration.

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