



Oat Cake recipe from *A Three Letter Name*

INGREDIENTS

- 2 Cups Oatmeal
- 1 Cup Flour
- ½ tsp Salt
- ½ Cup Butter, softened
- ¼ tsp Baking Soda
- ½ Cup Brown Sugar or Honey
- ¼ Cup Hot Water

INSTRUCTIONS

1. Preheat oven to 400 degrees and line baking sheet with parchment paper.
2. Dissolve baking soda in hot water.
3. Combine dry ingredients with butter, then add baking soda.
4. Mold into a dough ball. Then roll out onto baking sheet to ¼ inch.
5. Cover and chill 10-15 minute, then remove oatcakes and score into 8-10 squares.
6. Bake 12-15 minutes until golden brown. Longer if you want them crispy.
7. Separate the cakes along score lines with a thin knife and allow to cool.

OPTIONAL ADDITIONS:

- ¾ tsp Cinnamon
- 1 Cup Mini Chocolate Chips
- 1 Cup Chopped Dried Fruit

(recipe adapted from thetravelbite.com)

www.annielisenby.com

Tomato & Eggs recipe from *A Three Letter Name*



INGREDIENTS

- 4 large eggs
- ½ tsp salt
- ½ tsp vegetable oil
- ½ tsp pepper (white or black)
- 3 Tbsp vegetable oil
- 1 large or 2 small tomatoes cut into slices
- Dash of sugar (optional to cut acidity of tomatoes)

INSTRUCTIONS

1. Crack eggs into bowl and beat.
2. Heat ½ tsp oil in frying pan or wok on medium heat.
3. Transfer eggs to frying pan. Add salt & pepper and cook until no longer runny. Then remove from pan.
4. If necessary, clean pan.
5. Heat 3 Tbsp vegetable oil on medium heat.
6. Add tomatoes (and sugar if desired) and cook through.
7. Return eggs to pan with tomatoes, mix well and heat.
8. Serve warm over rice if desired.

www.annielisenby.com



Fresh Mint Tea recipe from *A Three Letter Name*

INGREDIENTS

- 1 ½ Cups Boiling Water
- 1 tsp Honey
- 2 Springs Fresh Mint (approx. 15 leaves)

INSTRUCTIONS

1. After boiling water, pour into a mug. Place fresh mint into the mug. Add honey and mix.
2. Let steep 3-5 minutes, the longer the stronger the mint flavor.
3. Note: you can add more mint or honey for desired flavor. And tea can be strained to remove mint leaves.
4. To make a pot of tea, multiply recipe by 4 and steep in pot.
5. Enjoy with someone you love.



www.annielisenby.com