Crispbread with a honey dip

食谱作者 V-ZUG 瑞族



制备过程	25 分钟
烘烤的时间：烘烤时间取决于机器	53 分钟
份	10
电器	Combair SE 自 2015 年

Crispbread

160 g rolled oats

100 g sunflower seeds, pumpkin seeds

65 g hazelnuts

65 g figs, dried

40 g mixed seeds, linseed, sesame seeds, chia seeds

1½ tbsp rosemary needles

1½ tsp salt

2 tbsp rapeseed oil

400 ml water, lukewarm

Coarsely chop the hazelnuts and figs. Finely chop the rosemary needles. For the crispbread, mix all the ingredients together, allow to stand for 10 minutes and then roll out between two sheets of greaseproof paper directly on the tray. Leave uncovered overnight.

Put the tray into the cold cooking space. Bake.

在 热风 期间为 **160 35** 分钟°C

Turn the crispbread over and continue baking without baking paper.

弯转

在 热风 期间为 **170 18** 分钟°C

Cut into pieces while still warm.

Dip

125 g cream cheese

1½ tbsp honey

½ tsp salt

For the dip, mix all the ingredients together.

配件

Baking tray

附加信息

创建时间	14.01.2020