



# Crispbread with a honey dip

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制备过程 25 分钟  
烘烤的时间：烘烤时间取决于机器  
份 10  
电器 Comhair 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.

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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

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Baking tray

