



Crispbread with a honey dip

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 10

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.

Varmluft 160°C i 35 Min.

Turn the crispbread over and continue baking without baking paper.

Vend

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.





Tilbehør

Baking tray

Yderligere oplysninger

Oprettet den

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