Crispbread

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Piece	20

with spelt flour and seeds

Crispbread

60 g fine rolled oats

60 g spelt wholemeal flour

60 g mixed kernels and seeds, (e.g. linseed, sesame seeds, sunflower seeds)

1 tbsp olive oil

200 ml lukewarm water

1 tsp salt

Baking

Poppy seeds for sprinkling

Additional information

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