



Crispbread with a honey dip

מתכון מאת V-ZUG Ltd.



Preparation	25 Mins
Cooking	53 Mins
time	
מנות	10
התקן	Combair SEP from 2015

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.

Hot air 160 °C for 35 Mins

Turn the crispbread over and continue baking without baking paper.

Turn

Hot air 170 °C for 18 Mins

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.





אביזרים

Baking tray

מידע נוסף

הופק ביום

14.01.2020

