Crispbread with a honey dip

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 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.

Hot air 160 °C for 35 Mins

Turn the crispbread over and continue baking without baking paper.

Turn

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.

Accessories

Baking tray

Additional information

Created on	27.02.2023