



# Crispbread with a honey dip

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            10

## Crispbread

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- 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

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- 125 g cream cheese
- 1½ tbsp honey
- ½ tsp salt

For the dip, mix all the ingredients together.





## Accessories

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Baking tray

## Additional information

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