



Crispbread with a honey dip

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制备过程	25 分钟
烘烤的时间	53 分钟
时间：烘烤时间取决于机器	
份	10
电器	Combair SE 自 2015 年

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.

在热风期间为 **160 35** 分钟°C

Turn the crispbread over and continue baking without baking paper.

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在热风期间为 **170 18** 分钟°C

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.





配件

Baking tray

附加信息

创建时间 14.01.2020

