



# Crispbread with a honey dip

Opskrift af V-ZUG Ltd



Tilberedning  
Tilberedningstid  
Portioner            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.

**Varmluft 160° C i 35 Min.**

Turn the crispbread over and continue baking without baking paper.

**Vend**

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.





## Tilbehør

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Baking tray

## Yderligere oplysninger

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