



# Crispbread



## Rezept für 4

### Ingredients

60 g oats  
60 g flour  
50 g sunflower seeds  
25 g white sesame  
25 g linseeds  
200 ml water  
6 g salt

### Preparing

Briefly mix together the seeds (approx. 5 seconds). Then mix all the ingredients and knead using a food processor. Bake in a preheated Combi-Steam MSLQ at 165 degrees for approx. 30 minutes until the crispbread is golden brown.

### Anrichten

## Cooking level

With Preheat

30 minutes | Hot Air setting at 165 °C