



# Crunchy crispbread



## Ingredients

60g spelt flour  
60g oat flakes, fine  
40g wheat bran  
25g sesame  
25g flax seeds  
½ tsp fennel seeds, ground  
1 tsp of salt  
350g water  
1 tbsp sesame seed oil  
3 tbsp pumpkin seeds  
3 tbsp sunflower seeds

## Preparation

Mix all the ingredients apart from the pumpkin and sunflower seeds into a dough and roll it thinly onto a baking sheet or tray lined with baking paper. Sprinkle on the seeds, place in a preheated oven and bake with hot air at 170 °C for 50 minutes. Take out after 15 minutes and cut into the desired shapes.

## Anrichten

# Cooking level

With preheating

50 minutes | hot air setting at 170 °C