Posted on 17 May 2015

by Liz Robb

Lena's Seeded Crispbread



Ingredients

200g sesame seeds
200g pumpkin seeds
200g sunflower seeds
100g linseeds
2-3 level teaspoons of salt
200g cornflour
115ml sunflower oil
430ml boiling water

Preparation

1 1.

2 1. Preheat the oven to 160 degrees or 140 degrees fan oven.

3 2.

4 2. Tip the four types of seeds into a large bowl and mix them together.

5 3.

6 3. Add the salt and stir in the cornflour.

7 4.

8 4. Pour in the oil gradually, stirring all the time.

9 5.

10 5. Pour in the boiling water gradually, stirring well to combine everything together. Leave to rest for 10 minutes.

11 6.

12 6. Line two large flat baking trays with greaseproof paper. Stir the mixture again then divide it between the two trays. Spread it out evenly then cover each tray with another

piece of greaseproof paper. Roll it out fairly thinly with a rolling pin.

13 7.

14 7. Remove the top piece of greaseproof paper and place on high shelves in the oven. Bake for about 50 to 60 minutes.

15 8.

16 8. Mark into the shapes and sizes you want using a sharp knife, then break into pieces. Be warned, they will not break absolutely evenly, they will look fairly rustic, but that's fine.

Cooks Note

These crispbreads have numerous uses, here are just a few ideas:

- Break into thin shards for dipping into hummus or tsatziki. - Top with spreads such as pate or cream cheese, then garnish with salads. - Serve as an unusual accompaniment to soups. - Have as an alternative to the usual crackers next to the cheeseboard, with your favourite pickles. - Serve in smaller pieces as simple nibbles just as they are.