

Nordic Crispbread

Mixed, good for you seeds in a rustic vegan cracker from Finland¹.

Inspired by *a tasty love story*².

Ingredients

50 g flax seeds
50 g sesame seeds
50 g pumpkin seeds
225 g plain flour
5 g baking powder
140 ml water
100 ml Zaytoun **FAIRTRADE** olive oil

Serve:

Use with dips and spreads, or with cheese. Alternatively cut into 1 cm squares or triangles and serve on their own as a snack.

Method

Cooking

Pre-heat the oven to Gas Mark 6.

Blitz the flax seeds to a coarse powder in a coffee grinder (or pound them using a pestle and mortar).

Mix all of the ingredients to make a dough.

Take a quarter of the dough (about 150 g) and roll it out as thin as it will go between two sheets of non-stick baking parchment.

Remove the top sheet and score the dough with a knife or double handed herb chopper into squares or triangles.

Slide the dough onto a baking tray or direct onto your baking stone and bake for about 20 minutes until golden and crispy.

Allow to cool on a wire rack and then break along the score lines.

¹<http://www.fairtradecookbook.org.uk/countries/finland.htm>

²<http://atastylovestory.com/nordic-crisp-bread-with-seeds-wholegrain/>