



# KNÄCKEBRÖD / CRISPBREAD

## Recipes

2 dl. maize flour  
1 dl. Sunflower kernels  
1/2 dl. Linseed  
1/2 dl. Sesame  
1 tsp. salt  
1/2 dl. IL Roncal olive oil  
2 dl. Boiling water

Mix all the dry ingredients in a bowl.  
Cook the water and put in the olive oil.  
Mix everything together.  
Spread out on a baking sheet between two baking papers and press it out to fill the sheet. Release the upper paper and bake it at 150 degrees in 60-70 minutes.

Good luck !  
Wish Anders & Lisa