

Oil-free Swedish Crispbread



This healthy crispbread recipe is totally free from both gluten and oil! They are delicious and the healthiest option I've ever seen. They go very well with a soup or a salad.

Servings: 20-25 crispbreads

Ingredients

1 dl pumpkin seeds
1 dl sunflower seeds
1 dl sesame seeds
1 dl flax seeds
1 dl potato flour
1/2 tsp sea salt
2-3 tsp rosemary
5 Halkidiki olives
0.5 dl maple syrup
2 dl boiling water

Instructions

1. Put all the dry ingredients in a mixing bowl, and stir it.
2. Chop the olives finely. Add them to the dry mix.
3. Add maple syrup and hot water, and stir again.
4. Set aside for 15 minutes.
5. Set the oven to 150 degrees Celsius.
6. When the 15 minutes have passed, spread the mixture onto a parchment paper on top of an oven tray. Try to do it as evenly as you can.
7. Make slits in the mixture before you put it in the oven. That way you'll get crispbreads that are beautiful and similar in size.
8. Bake in the oven for about 60 minutes.
9. The crispbread should have a nice colour to it when it's ready.
10. Take it out and let it cool before you break it.
11. Store it in an airtight container.

Note that this crispbread is completely oil-free! However, it's not fat free by any means. That means that this is not a good breakfast. These crispbreads are always best enjoyed later in the day.

As always, be careful with the olives you buy. They should only have the following ingredients: olives, water and salt. Nothing else is acceptable if you want to heal.