

## **Hazelnut & Seed Crispbread** Hazel Blue Acres – Silvana, WA

**¼ cup sesame seeds**

**¼ cup sunflower seeds**

**¼ cup finely chopped hazelnuts**

**½ cup pumpkin seeds**

**½ cup flaxseeds**

**1 Tablespoon plus 1 tsp. chia seeds**

**⅓ cup whole wheat flour or buckwheat flour(gluten free option\*)**

**3 ½ Tablespoons canola oil/avocado oil/olive oil/hazelnut oil**

**⅔ cup boiling water**

**Pinch of sea salt, plus extra for sprinkling (other types of salt work too)**

Use 2 large baking sheets, greased and lined with baking parchment

\*recipe suggested you use a pinch of xanthan gum if using buckwheat flour but I didn't have that so I used a pinch of cornstarch)

Preheat oven to 300 degrees F.

1. Combine all the ingredients in a bowl and stir. You will have a jelly-like consistency mixture, not a dough.
2. Place half the mixture on one sheet of baking parchment. Spread slightly with a spatula.
3. Place another sheet of baking parchment on top and roll out as evenly and thinly as possible. The mixture will remain sticky.
4. Repeat on the second baking sheet. Sprinkle with a little extra salt to the top of each and place in the oven.
5. Bake for 50-60 minutes until crispy and completely baked through.
6. Remove from oven and allow to cool slightly before breaking into large pieces.
7. Store in an airtight container.

Original Source: The Scandi Kitchen by Bronte Aurell