



light + fit

Recipes

Basic Course in Healthy Nutrition and Exercise



Crispy Fiber Bread

Ingredients:

125 g	rolled oats
125 g	wheat bran
375 ml	water
100 g	mixed seeds (e.g. sesame, flaxseed, pumpkin seeds)
1 TL	salt or onion salt
1	A splash of lemon juice

Instructions:

Mix the oats and wheat bran with about 325 ml of the water. Cover and refrigerate for 1 hour.

If the mixture is too dry afterward, stir in a little more water.

Add the mixed seeds, salt, and lemon juice, and stir to combine.

Line a baking tray with parchment paper and spread the dough evenly.

Bake in a fan-assisted oven at 175°C (350°F) for 20 minutes.

While the bread is still warm, roll it out slightly and cut into 12 slices using a pastry wheel or knife.

Return to the oven and bake for another 45-60 minutes at 150°C (300°F) until thoroughly dry and crispy.

Let it cool completely.

The finished crispbread keeps well in an airtight container and is a great way to always have a supply of healthy, high-fiber bread at home.

