

## Example: Preparation of crisp-bread during Webinar

Information to participants in advance:

We will also include practical exercises and a "cooking break" during the online seminar, so please prepare the following in advance:

**We will bake crispbread. Please prepare the following:**

- 120 g wholemeal spelt flour
- 120 g oat flakes (fine leaf)
- 3 tablespoons grated nuts
- 10-12 tablespoons of seeds & seeds to taste (sunflower/pumpkin seeds/ground flax seeds/sesame/poppy seeds) - whatever you like, also mixed!
- 1 teaspoon salt
- 3 tablespoons rapeseed oil
- 200 ml water

You will also need a bowl, rolling pin (pasta walker), cling film, tray + baking paper and an oven.

Instruction 1<sup>st</sup> webinar-break:

### PAUSE + Teig Knäckebrot



- 120 g Dinkelvollkornmehl
- 120 g Feine Haferflocken
- 3 Esslöffeln geriebene Nüsse
- 10-12 Esslöffel Kerne & Saaten nach Geschmack  
(Sonnenblumen/Kürbiskerne/Leinsamen geschrotet/Sesam/Mohn)  
– was immer Sie mögen
- 1 Teelöffel Salz
- 3 Esslöffel Rapsöl
- 200 ml Wasser

#### Zubereitung Schritt 1

Alles in eine Schüssel geben und gut verrühren/ev. kneten



Fotos: Jausenküche/Rita Newman

Instruction 2<sup>nd</sup> webinar-break:

## PAUSE + Knäckebröt ins Rohr



Zubereitung Schritt 2

Auf mit Backpapier belegtem Blech ausrollen.

**Ab ins Rohr!** Heißluft 160 Grad. – ca 45 – 50 min.



Fotos: Jausenküche/Rita Newman



Instruction 3<sup>rd</sup> webinar-break:

Enjoy the smell and taste of bread. By the way: the bread is rich in fibre, essential omega-3 fatty acids, vitamins and minerals and will give you strength for the rest of the seminar!

## Achtung! Knäckebröt aus dem Rohr



Fotos: Jausenküche/Rita Newman