

## Beetroot crispbreads

*Add dried spices to the dough for more flavours. To stay within the flavours of Nordic cuisine, try caraway seeds, dried dill, dried lemon balm or even small pieces of roasted bacon. Serve these crispbreads with an assortment of cheeses, a fresh herb pesto or with pickled herring, like they do in Sweden.*



*Recipe from Mia Kristensen of CPH Good Food. [www.cphgoodfood.dk](http://www.cphgoodfood.dk)*

### **Makes: up to 10 large or up to 20 small crispbreads**

approx. 100g peeled and grated beetroot (or parsnip or carrot)

175g freshly ground wheat or spelt flour (an electric spice or coffee bean grinder works well)

50g rolled oats

30g butter

1 tbsp nut oil or rapeseed oil

1 tsp salt

approx. 100ml water

75g pumpkin seeds (or chopped nuts or other seeds)

1. Mix all the ingredients, except for the water and seeds, in a mixer or food processor. Blend for one minute and then add the water, little by little, just until everything comes together as a dough.
2. Tip the dough out onto the table and knead in the seeds. Wrap tightly in clingfilm and chill for at least one hour or overnight.
3. Preheat the oven to 160C.
4. Roll out the dough as thinly as possible and then cut it into serving sized squares, triangles or irregular shapes.
5. Bake the crispbreads on a lined baking sheet for 15-20 minutes until very lightly coloured and fully set, turning them over half way through baking. They should feel dry to the touch. Leave them to cool before serving.