



CRACKERS

Recipe by Vanessa Fouquet

INGREDIENTS (in % of weight):

- Flax seeds: 15.0
- Oatmeal: 6.0
- Sunflower seeds: 12.0
- Pumpkin seeds: 12.0

- Water: 50.9
- Salt: 0.7
- Pepper: 0.3
- Dried rosemary: 0.1
- Acacia Fibre 399 Organic : 3.0

INSTRUCTIONS:

- 1. Put the water in a saucepan, add the acacia gum to dissolve it. Add the flax seeds, bring to a simple boil and turn off the heat.*
- 2. In a large bowl, combine the seeds, oatmeal, salt, pepper, rosemary, and water / flaxseed.*
- 3. Leave to swell for about ten min., so that the linseed gel binds everything together and the flakes swell.*
- 4. Spread on a baking sheet thinly. Bake at 175°C for about 35 to 40 min.; after 20 min., remove the baking sheet from the oven and cut the crackers with a large knife, then cook again. Crackers are ready when they start coloring.*
- 5. Leave to cool completely before peeling them off the baking sheet. Store in a metal tin.*

Created in 1884, Alland & Robert is a French family company and a global leader in natural plant exudates. Alland & Robert focus is on acacia gum, a dried exudate coming from two varieties of Acacia trees. It has been safely used in food products worldwide for a long time, and is nowadays found in thousands of day-to-day products thanks to its various functional properties. It is particularly appreciated for being 100% natural and vegetal, and for the versatility of its applications.



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