

Swedish Birdseed Crackers (Krackenbrot)

Ingredient:

2dl cornflour	200ml
1dl sunflower kernels	100ml
1dl flaxseed	100ml
1/2 dl canola oil	50ml
2dl boiling water	200ml

Salt flakes

Seeds to put on top

Method:

Heat the oven to 150 degrees.

Mix all the ingredients except for the salt.

Spread it all out on a plate covered with baking paper.

Put another baking paper on top and use a rolling pin to make it really, really flat.

(This volume covers two biscuit trays at least)

Take away the baking paper on the top and sprinkle some salt and seeds over it.

Bake in the oven for about 45 minutes or until it gets some colour.

Let it cool and then break it into whatever size you'd like!

Swedes do not use measuring cups or spoons. Everything is measured by volume in decilitres (dl). 1 dl = 100ml.