

## Gluten-Free Knekkebrød (Crisp Breads)

*Makes approximately 10*

- 1 cup (100 g) quick cooking oats
- ¼ cup (30 g) pumpkin seeds
- ¼ cup (40 g) sunflower seeds
- ¼ cup (40 g) sesame seeds
- 2 tablespoons linseed/flax seeds
- ½ teaspoon salt
- 1 ¼ cups (300 ml) water

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Preheat the oven to 325°F (160°C) fan-assisted/convection. Line a rimmed baking sheet (*I use a 30×40 cm*) with parchment paper.

In a large bowl, combine the oats, pumpkin seeds, sunflower seeds, sesame seeds, linseed/flax seeds, and salt. Add the water and stir to combine. Let the mixture stand for 30 minutes. Give the mixture a good stir – by now the oats and seeds should have absorbed almost all of the water leaving a wet paste. (*Tip: If for some reason your dough is still really wet, wait a little longer or add in some more oats and wait.*)

Pour the mixture on the prepared baking sheet and top with another piece of parchment paper. Using your hands, gently press down on the parchment paper and spread the mixture across the baking sheet, to the edges, to get an even thickness. Carefully remove the top parchment paper and discard. Bake for 10 minutes then remove from the oven and carefully cut into 10 rectangles, making it easier to separate them when they are fully baked. Bake for another 30 to 50 minutes, occasionally opening the oven door to release steam. Check the knekkebrød towards the end of the cooking time and look for them being dry and brittle with light browning on the edges.

Break the breads apart gently and let them cool completely on a wire rack. Store in a container for several weeks.

This recipe easily doubles.

Source: <https://northwildkitchen.com/gluten-free-knekkebrod-crisp-breads/>