

Cardamom Nut Crackers

30–40 Min

Ingredients 5 Portions

= Kotányi Produkte

1	Egg white
5 tbsp.	Honey
70 g	Sesame seeds
110 g	Almonds, chopped
120 g	Sunflower seeds
2 g	Chia seeds
1 tsp.	
1 pinch	Sea Salt, Coarse

Preparation

1. Beat the egg whites with salt until the mixture forms firm peaks, then fold in the honey and ground cardamom.
2. Add the remaining ingredients and mix well.
3. Preheat the oven to 120 °C (356°F).
4. Shape 15–20 crackers out of the mixture, place on a baking tray lined with baking parchment and bake for 20–30 minutes at 120°C (248°F) using the fan setting and enjoy.