



Cardamom Nut Crackers

⌚ 30—40 Min   

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.

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

