



SKYE BLUE

Kitchens

LAVOSH

Preheat oven to 190°C. Line 2 baking trays with baking paper.

What you need:

125g Baking Bag mix
½ tsp salt
1 TBS sesame seeds
½ TBS poppy seeds
Sprinkling of chilli flakes (optional)
10ml rice bran oil
1 egg white (size 7) *
3 TBS cold water



To Make:

Add all the dry ingredients into a large bowl and stir through. Whisk the egg white and water together then add to the bowl along with the oil. Mix together to form a soft dough. Lightly knead then divide into 24 even pieces. Roll each piece into a ball then between two sheets of baking paper, roll each piece into an oval shape as thin as possible. Peel off the paper and place on baking trays.

Bake for 5 minutes then swap trays around. Bake for a further 5 minutes. Remove the trays from the oven. Switch off the oven. Transfer crackers to a cooling rack and return to oven to dry out (approx. 10-15 minutes).

Remove from the oven to cool. When completely cold store in an airtight container.

Tip: Serve with your favourite dip or cheese.

*For vegan, substitute the egg white with 3TBS whisked chickpea liquid.