



Savory Oatmeal Crackers

15'
Hands on

25'
Cook Time

20
Portion(s)

1
Difficulty



Ingredients

- 100 g oats
- 80 g water, hot
- 70 g olive oil
- 1 egg
- 40 g brown sugar
- 120 g whole-wheat flour
- 1/4 teaspoon(s) baking soda
- 1 tablespoon(s) oregano
- 80 g parmesan cheese, light

To serve

- 300 g cottage cheese
- 6 slices smoked turkey
- 100 g rocket
- 12-15 cherry tomatoes
- 1 tablespoon(s) olive oil
- pepper

Method

- Preheat oven to 180* C (350* F) Fan.
- In a bowl, combine the oats and hot water with a spoon. Set aside.
- In a separate bowl, add the olive oil, egg and sugar. Stir until completely combined.
- Add the olive oil mixture to the oat mixture and mix thoroughly.
- In a separate bowl, combine the flour with the baking soda and the oregano and add it to the oat mixture. Mix.
- Add the cheese and mix with your hands until you create an elastic dough.
- Knead the dough thoroughly and divide it with a knife into 20 pieces.
- Shape each piece into a ball (25 g each).
- Lay out 2 sheets of parchment on a working surface and place 10 balls of dough on each sheet.
- Cover each sheet with 10 balls of cookie dough with another sheet of parchment and press down on them with a baking pan to make them flat.
- Transfer sheets to rimmed baking sheets and bake for 15 minutes.
- When ready, serve with cottage cheese, turkey slices, cherry tomatoes, rocket leaves, olive oil and pepper.

Διατροφικός πίνακας

Nutrition information per portion

96 Calories (kcal)	5.2 Total Fat (g)	1.2 Saturated Fat (g)	9.2 Total Carbs (g)
5%	7%	6%	4%
2.3 Sugars (g)	2.8 Protein (g)	1.0 Fibre (g)	0.12 Sodium (g)
3%	6%	4%	2%