



## INGREDIENTS

- 2 Cups Rye Flour  
(enriched or whole grain rich)
- 1 Cup All-Purpose Flour  
(enriched or whole grain rich)
- ½ Cup Water
- 2 Tablespoons Butter (melted)
- 1 Teaspoon Salt
- ½ Teaspoon Baking Soda
- 1 Tablespoon Sesame Seeds  
(optional)
- 1 Tablespoon Sunflower Seeds  
(optional)

## DIRECTIONS

1. Preheat oven to 375° and line a baking sheet with parchment paper.
2. In a large bowl, combine the rye flour, all-purpose flour, baking soda, and salt.
3. Add the melted butter and water to the dry ingredients and stir until the dough begins to come together.
4. Turn the dough onto a lightly floured surface and knead for a few minutes until smooth.
5. Roll out the dough as thinly as possible (about ⅛ inch thick). Cut the dough into 20 rectangular pieces or round shapes.
6. Sprinkle with sesame or sunflower seeds if desired and press them gently into the dough.
7. Place the pieces on the prepared baking sheet and bake for 12-15 minutes, or until the crispbread is golden brown and crisp.
8. Allow to cool completely before serving.

## MEAL PATTERN CONTRIBUTION



Grain

## MEAL TYPE



Snack

## YIELD

20 Crispbreads

## PORTION SIZES

**Toddler:** ½ Knackebrod

**Preschool:** ½ Knackebrod

**School Age:** 1 Knackebrod

**Adult:** 1 Knackebrod