

Fruit and Nut Crackers – www.recipetineats.com

Ingredients (Customisable with nuts/seeds of choice)

250ml milk

50g soft brown sugar

60ml Greek yoghurt

75g plain flour

75g wholewheat flour

60g cranberries (or other dried fruit of choice)

1tsp bicarbonate of soda

80g rolled oats

60g sunflower seeds or nuts of choice

½ tsp ground turmeric

½ tsp cinnamon

¼ tsp nutmeg

¼ tsp dried thyme

1 tsp dried rosemary

¼ tsp salt

1/8 tsp ground black pepper



Method

- Preheat oven to 180 degrees centigrade
- Grease and line a small (1lb) loaf tin with baking parchment
- Whisk milk, sugar and yoghurt in a bowl
- In a separate bowl combine the dried ingredients including the fruit before adding the milk mixture to form a thick batter (similar to muffin batter)
- Scrape into lined tin and bake for 25mins or until a skewer inserted into the middle comes out clean
- Turn out of tin and cool on a rack then freeze for at least 2 hours or up to 3 months
- When ready to use, preheat oven to 120 degrees and turn out loaf for around 20mins so that the surface thaws slightly
- Use a serrated knife to slice thinly (around 2mm), and place slices onto large baking trays
- Bake for 50 mins or until light brown then leave on the tray to cool and harden to a snap when broken.
- Store in an airtight container for up to 4 weeks if you can resist!