Crispbread

Crispbread or hard bread is a type of bread that is originally from Sweden. It is a flat and dry type of bread or cracker, containing mostly rye flour. It is very cheap and if stored in a dry condition, it will actually remain edible and fresh for quite some time. Crispbread is a staple food and was for a long time considered a poor man’s diet. However, in recent years there has been renewed interest in crisp bread in the Nordic countries. Crisp bread has been baked in central Sweden since 500 AD. It was made as round wafers with a hole in the middle so the bread could be stored on sticks under the roof. Traditional crisp bread was invented about 500 years ago. Finland and Sweden have long traditions in crisp bread consumption and crisp bread have been known in most households since the 1800s.

Crispbread is made out of ingredients that you can generally consider healthy: salt, water and wholemeal rye flour. Traditionally, those were the only ingredients used in crispbread, but as time wore on, the recipe for crispbread began to include ingredients like spices, grains, wheat flour and sesame seeds. Sometimes crispbread is also leavened using sourdough or just yeast. Crispbread does not require a lot of time in the oven. All it takes is a few minutes at temperatures ranging from 200 to 250 degrees Fahrenheit to bake.

Crispbread is known to contain a large amount of dietary fiber, and dietary fiber is extremely beneficial for bowel regularity. The significant content of dietary fiber is attributed to the presence of wholegrain, which contains very little fat. Wholegrain is also an important source of antioxidants, vitamins, and minerals. The presence of wholegrain in your diet has also been shown to lower mortality rates.

Crispbread is a versatile snack, which means that it is sometimes best eaten not alone but with another food item. Cheese is a great companion to crispbread. Without any overpowering flavors, crispbread is ideal to highlight and even complement the attributes and flavors of cheese. Some manufacturers make crispbread that is lighter and crispier than others, and it is these types that function perfectly as a cracker.

Crispbread

A nice alternative to bread! If you keep them in a tin instead of in plastic, they will stay crispy for a week or more. Number of Servings: 32

Ingredients

- 1.5 cups rye flour, coarse
- 1.5 cups rolled oats
- 2/3 cup sunflower seeds
- 1/2 cup flax seeds
- 1/2 cup sesame seeds
- 1 tsp. salt
- 2 3/4 cups water
Directions

1. Mix all ingredients together. Let stand for five minutes or so.
2. Line two baking sheets with parchment paper. Divide your mixture evenly onto these two sheets, and use a spatula or rubber scraper to smooth out as thinly and evenly as possible. Use a knife to score into 16 pieces on each sheet.
3. Bake for 40 minutes at 330 degrees F. Then open the oven door a crack and continue baking for 20 minutes more. (If your oven has an air circulating function, it works well for these! Just make sure you bake at a slightly lower temperature - 320 or so.)
4. Remove from oven, let cool, then break along scored lines into pieces.

Egg & Crispbread

The perfect snack for when you're craving something a little salty and a little crunchy—plus the protein will satisfy you until it's time for dinner. 1 serving

Ingredients

1 large hard-boiled egg, chopped
1 tablespoon dill pickle relish
2 teaspoons reduced-fat mayonnaise
1 whole-grain crispbread cracker, such as Wasa or Kavli

Preparation

Mix egg with relish and mayonnaise. Spread the egg mixture on cracker.

Nutrition

Per serving: 112 calories; 5 g fat (2 g sat, 2 g mono); 187 mg cholesterol; 10 g carbohydrates; 6 g protein; 1 g fiber; 217 mg sodium; 76 mg potassium.

Crispbread & Tuna

Here's a new take on the tuna salad sandwich using crispbread crackers instead of bread. This is an easy lunch to throw together with staple items from your pantry and refrigerator. 1 Serving

Ingredients

2 multigrain crispbread crackers, such as Wasa or Kavli
2 tablespoons reduced-fat cream cheese
1 3-ounce can water-packed chunk light tuna (see Note)
1 sliced scallion
1 lemon wedge
Freshly ground pepper, to taste
Preparation

Top crackers with cream cheese, tuna and scallion. Squeeze lemon over the top and season with pepper.

Tips & Notes

Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

Radish or Cucumber Crispbread

Tubs of reduced-fat cream cheese come in a myriad of flavors. Chive and radish make for a particularly tasty combination atop crunchy crispbread. 1 serving

Ingredients

- 4 teaspoons reduced-fat chive cream cheese
- 2 whole-grain crispbread crackers, such as Wasa or Kavli
- 1/2 cup sliced radish, or sliced cucumber

Preparation

Spread cream cheese on crackers and top with radish (or cucumber).

Nutrition

Per serving: 104 calories; 4 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 14 g carbohydrates; 4 g protein; 1 g fiber; 82 mg sodium; 183 mg potassium.

Carbohydrate Servings: 1