



## Harraways Oat Crisps (Wholegrain crackers)

- 2 T Heart tick approved spread (Flora Light)
- 3 T Brown sugar
- 2 T Water
- ¾ Cup Harraways Scotch Oats
- 2 T Sesame seeds
- 2 T Cumin seeds
- 1 t Cajun spice (optional)
- 1 ¼ Cups Wholemeal flour
- 1 T Ground almonds (optional)
- 1 t Baking soda
- 1 Egg + 1 egg white (size 6)
- 1 T Low fat milk

1. Preheat oven to 180°C
2. Melt spread, brown sugar and water in a sauce pan on a low heat until sugar dissolves. Then allow to cool.
3. Mix flour and baking soda together. Stir in Harraways Scotch Oats, sesame seeds, cumin seeds (*and Cajun spice*) (*ground almonds*), then add to the cooled mixture.
4. Once you have rubbed in the dry ingredient and the textures resembles a crumble consistency then add all the wet ingredients (egg+ additional egg white and milk) to combine the dough.
5. Roll dough out on a well-floured clean surface until it is approx. 2-3mm thick. Then cut your desired shapes using a sharp knife or cookie cutter. Makes 40 crackers.
6. Place on to a baking tray lined with baking paper and place into the oven at 180°C for 10-12mins or until golden brown.
7. Remove from oven, turn crisps over and allow to cool on the tray.
8. Store these in an air-tight container once completely cool.
9. Top with your flavour toppings.



Recommended serving 3 crackers  
446kJ, 13.5g carbohydrate, 3g sugar

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**Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.**