

# Harraways

NEW ZEALAND ~ SINCE 1867

OVER 140 YEARS OF TRADITION

## Know your ingredients

### Harraways Oat Crisps

**Wholegrain crackers, perfect for entertaining**

- 2 T Heart Tick approved margarine
- 3 T Brown sugar
- 2 T Water
- ¾ Cup **Harraways Scotch Oats**
- 2 T Sesame seeds
- 2 T Cumin seeds
- 1 tsp Cajun spice (optional)
- 1 ¼ Cups wholemeal flour
- 1 T Ground almonds (optional)
- 1 tsp Baking soda
- 1 Egg + 1 egg white (size 6)
- 1 T Low fat milk



Preheat oven to 180°C

Melt margarine, brown sugar and water in a sauce pan on a low heat until sugar dissolves. Then allow to cool.

Mix flour and baking soda together. Stir in **Harraways Scotch Oats**, sesame seeds, cumin seeds, cajun spice and ground almonds, then add to the cooled mixture.

Once you have rubbed in the dry ingredients and the textures resembles a crumble consistency, add all the wet ingredients (milk, water, egg and egg white) to combine the dough.

Roll dough out on a well-floured clean surface until it is approximately 2 - 3 mm thick. Then cut your desired shapes using a sharp knife or cookie cutter. Makes 40 crackers.

Place on to a baking tray lined with baking paper. Bake at 180°C for 10 - 12 mins or until golden brown.

Remove from oven, turn crisps over and allow to cool on the tray.

Store these in an air-tight container once completely cool.

Top with hummus, sliced tomato or capsicum.

*Each serve crackers only (3 crackers) contains 446 kJ, 13.5 g carbohydrate, 3 g sugar.*



[www.harraways.co.nz](http://www.harraways.co.nz)

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