



Green pea crispbread

(makes 14-15)

A scrumptious and healthy alternative to conventional crisps. A light snack packed with dietary fibre. Great with dips, once tasted, you will crave for more!

Ingredients

160g peas fresh or frozen

Pinch of salt

Pinch of pepper

80g instant potato powder

18g water

1 tablespoon of hemp oil

Method

1. Preheat the oven to very low heat 90°C/70°C fan/gas ¼.
2. Roughly blend the raw peas and mix with salt, pepper, potato powder, water and oil.
3. Roll the mix out thinly in between sheets of cling film to stop the mixture sticking to the work surface.
4. Cut out shapes using a cookie cutter (about the size of a oatcake) and place on silicone baking mats or greaseproof paper.
5. Bake for 2 hours.
6. Remove from the oven and leave to cool on a wire rack.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1560kJ 372kcal	13.8g	10g	1.5g	60.5g	5.4g	12.6g	1.0g
Per 40g/5 Serving	624kJ 149kcal	5.5g	4g	0.6g	24.2g	2.2g	5.1g	0.4g