

seed crackers

Ingredients:

1/2 C sunflower seeds
1/2 C pumpkin seeds
1/4 C sesame seeds
1/4 C linseed/flaxseed
1/4 C chia seeds
1/2 tsp flakey sea salt
1 cup water

Method:

Heat oven to 170C.

Pour all ingredients into a bowl and mix to combine. Rest for 15 minutes so the chia and flax expand to bind everything together.

Tip the mixture onto a baking tray (CaliWoods baking mats are a great non-stick reusable product) and spread it out as thin as possible.

Bake for 20 minutes, cut the crackers into your desired serving size and then bake for another 5 mins at a time until golden and crunchy.

