



Makes:
about 24 crackers

INGREDIENTS

- 1 cup flax seeds
- 1 cup pumpkin seeds
- 1 cup sesame seeds
- 1/2 cup sunflower seeds
- 1/3 cup poppy seeds
- 1 teaspoon salt
- 2 cups warm water Note: Use organic ingredients whenever possible.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine the flax seeds, pumpkin seeds, sesame seeds, sunflower seeds, poppy seeds and salt in a large bowl.
3. Add the warm water and stir very well until evenly combined.
4. Let the mixture sit for 30 minutes so the seeds absorb the water and thicken.
5. Spread the mixture thinly and evenly onto parchment paper.
6. Score into cracker shapes before baking.
7. Bake for about 30 minutes, or until firm and crisp around the edges.
8. Allow to cool, then crack into cracker shapes along the scored lines.

VICTORIA'S TIP

Prepare the ingredients in advance and avoid overcrowding the pan or air fryer for the best texture.

APPROXIMATE NUTRITION

Approximate nutrition: This recipe makes about 24 crackers, depending on size. Per cracker: approximately 120-140 calories, 4-5 g protein, 9-11 g fat, 5-7 g carbohydrates and 3-5 g fibre. Values vary depending on cracker size and seed brands. Stop Sugar Crave Recipe Library Find more Stop Sugar Crave recipes here: Scan for recipes Stop Sugar Crave™ | Recipe Library

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