

Seed Crackers



YIELD: 1 12"x17" baking sheet or ¾ 15"x21" baking sheet

PREP TIME: 5 minutes

COOK TIME: 30-50 minutes

Elevate the humble cracker to a nutritious and impressive snack or crunchy accompaniment to a variety of dips.

INGREDIENTS

¾ cups sunflower seeds (~4 ounces)
½ cups pumpkin seeds (~2 ½ ounces)
3 ½ tablespoons whole flax seeds (~1 ounce)
1 tablespoon psyllium husk
1 tablespoon almond flour
½ teaspoon sea salt
1 tablespoon hemp seeds (optional)
1 cup water
2 tablespoons chia seeds (optional)

Toppings

½ teaspoon poppy seeds (optional)
1 or 2 pinches course or flaked sea salt

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit or 325 degrees convection.
2. Line rimmed baking sheet with parchment paper.
3. In a large bowl mix together sunflower seeds, pumpkin seeds, whole flax seeds, sesame seeds, psyllium husk, almond flour, sea salt, hemp seeds (optional), water, and chia seeds. Mixture should have a watery oatmeal consistency. If yours is too thick, mix in more water 1 Tablespoon at a time. If too runny, mix in more psyllium husk or chia seed ½ teaspoon at a time.
4. Spread thinly on parchment paper with a rubber spatula.
5. Sprinkle with poppy seeds and flake sea salt.
6. Bake until toasted dry and golden brown. Rotate pan as needed. Monitor after 20 minutes, careful not to burn them.
7. Once cool, break into desired cracker size.
- 8.

VARIATIONS

Substitute your favorite seeds. Add ¼ cup finely chopped nuts, like pistachios.

NOTES

Store in an airtight container. Recipe can be doubled.

Serve with hummus or cashew cheese and smoked salmon.