

Five Star Seed Crackers

Ingredients

- 1 cup unsalted sunflower seeds
- $\frac{3}{4}$ raw pumpkin seeds
- $\frac{1}{2}$ chia seeds
- $\frac{1}{2}$ cup sesame seeds
- $\frac{1}{4}$ cup flaxseeds
- 1 tsp himalayan (pink) salt
- 1 TBSP thyme or rosemary
- 1 $\frac{1}{2}$ cups of water



Directions

1. Preheat oven 350 degrees
2. Mix all ingredients in a bowl
3. Let sit for 15 minutes, seeds will soak up water.
4. Stir the mixture together
5. Line a baking tray with parchment paper
6. Spread evenly, not too thick
7. Bake for one hour, until brown
8. Let cool.
9. Break them off into pieces
10. Enjoy