

Whole Grain Multi-Seed Crackers

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Yield: 20 large crackers

Ingredients

1 cup water	1/2 tsp maldon salt
1/2 cup flax seeds (or chia seeds)	1 tbsp nutritional yeast
1/2 cup sunflower seeds	1/2 tsp dried rosemary
1/2 cup pumpkin seeds (or additional sunflower seeds)	1/2 tsp dried thyme
1/2 cup sesame seeds	1 garlic clove; minced

Preparation

Preheat the oven to 175 degrees Celsius/350 Fahrenheit. In a large bowl, mix the seeds together and whatever seasoning you wish. Add the water as well and stir until well-combined. Allow it to sit for 10 minutes to allow the flax/chia seeds to become somewhat gelatinous. Spread the batter onto a baking tray lined with parchment using a spoon. Ideally it should be less than 1/4" thick. Bake in the pre-heated oven for 30 minutes. Remove from oven and slice into crackers using a pizza wheel. Carefully turn the crackers on to the other side before transferring back to the oven for an additional 20-30 minutes. Allow to cool completely before eating. Store any left-overs in an air-tight container and it will keep for up to a week or so.