



Seed Crackers

Ingredients

3 tsp psyllium husk
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup linseeds
1/2 cup sesame seeds
1/2 cup finely chopped roasted almonds or hazelnuts
2 cups chia seeds (4x chia to anything else - these guys are the glue)

FLAVOURS

Cumin seeds
Fennel seeds
Dried rosemary
Garlic or onion salt
Paprika
Chilli

I like to split the mix and create at least 2 different flavours with each batch.

Directions

Soak the mixture for 1/2 hour in 1-2 cups of warm water with 1/2 tsp dissolved salt and 3 tsp psyllium husk

Let the mix soak up the water until it's dry wet sand castle building consistency.

Split the mixture into bowls so you can add in flavouring of your choice

Then with wet fingers or a wet rolling pin spread the mix on a baking sheet pre covered with baking paper spread it as thinly as you can.

Sprinkle on more of your flavour of choice & bake for 40 mins at 130 and then cut and turn over and continue baking for another 15 mins or until golden brown on both sides.

The slower you bake them the flatter & crisper they will be.

Add dried herbs or spices or salts to create different flavoured crackers

