Seedy crackers

Preparation time
20 minutes

Cooking time
55 minutes

Serves
60

Recipe courtesy of
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Ingredients | Method | Nutrition

½ cup linseeds (flaxseeds)

½ cup sunflower seeds

½ cup pumpkin seeds

2½ tbsp chia seeds

2 tbsp sesame seeds

1 tbsp extra virgin olive oil

1 cup (250ml) water

1. Combine linseeds, sunflower, pumpkin, chia and sesame seeds in a medium bowl.
2. Pour in olive oil and water and allow to sit for at least 15 minutes until all the water has been absorbed.

3. Meanwhile, heat oven to 170°C.
4. Line a large baking tray or 2 smaller trays (approximately 23cm x 32cm) with greaseproof paper.
5. When the mix is ready, spread evenly over trays using a spatula. The mix will be approx 3-4 mm thick.
6. Bake in oven for 20 minutes.
7. Remove from oven, transfer to a cutting board and cut into desired cracker sizes.
8. Place back in the oven for a further 20 minutes.
9. Remove from oven again, carefully turn the crackers over, remove paper, then put back in the oven for another 10-15 minutes.
10. Cool before eating or transferring to glass jars for storage.

Nutritional information is provided per serve

Engery	94kJ (22 calories)
Protein	1g
Saturated Fat	0.2g
Total Fat	2g
Carbohydrates	0.1g
Sugars	-
Dietary Fibre	0.6g
Sodium	1mg