

Basic Seedy Crackers

Try baking up a batch of these nutrient dense, grain-free, fiber-filled homemade crackers. I love them dipped in hummus as a snack or served alongside a lunch of tuna or egg salad for added crunch. You can change up the flavor by adding your favorite herbs and spices to the mix.

Prep Time: 5 mins

Total Time: 5 hrs

Makes: 8 servings

Ingredients:

½ cup raw pepitas

½ cup raw sunflower seeds

½ cup whole flaxseed

2 tablespoons ground flax seed

2 tablespoons chia seeds

1 teaspoon sea salt

1 ¼ cups water

Directions

1. Stir together all ingredients in a bowl. Allow to stand for 30 minutes at room temperature. Seed mixture can also be refrigerated overnight.
2. Meanwhile heat oven to 200°F. Line a baking sheet with a silicon baking mat or lightly oiled parchment paper.
3. Spread seed mixture into a thin, even layer on prepared pan.
4. Bake for 2 ½-3 hours or until dry and edges start to shrink in.
5. Turn the oven off but leave the pan in the oven until completely cooled.
6. Break into desired size crackers.
7. Store in an airtight container at room temperature.