

SEED CRACKERS

INGREDIENTS

200g Sunflower Seeds

100g Sesame Seeds

60g Flaxseed

2 Tbsp Psyllium Husk

1 tsp Himalayan Salt

500ml Water

To taste Rosemary OR Oregano OR Cayenne Pepper

METHOD

Preheat your oven to 160C.

Mix together all the ingredients, including the water, together and leave for 10 minutes to gel.

Prepare a baking tray with baking paper, or silicone sheet and grease with coconut oil.

Spread the mixture out thinly on the tray or sheet and bake for 15 minutes. Remove from the oven and score in sizes for crackers.

Put them back into the oven and bake for a further 30 minutes. Keep rotating and checking them.

Remove them, break them apart and allow them to cool. Store in an airtight container.

