



# Seed Crackers

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## Ingredients

- 3 tbsp psyllium husk
- 400 ml water
- 200gm sunflower seeds
- 100gm pumpkin seeds
- 60gm flaxseeds
- 100gm sesame seeds
- 1 tbsp salt
- olive oil spray

## Instructions

- Preheat oven to 160 degrees celsius.
- In a big glass bowl mix psyllium husk into water and allow to sit for 10 minutes and form a jelly like substance.
- Measure out all the seeds and salt then add to the psyllium husk mix when ready.
- Using a spatula mix ingredients together well.
- Line two baking trays with greased baking paper and spray with olive oil.
- Divide the mix in half and spread between the two trays.
- Flatten the mix to line the paper until spread evenly.
- Bake in the oven for about 50 -60 mins. Keep and eye on them because they can burn.
- About halfway you can take them out and cut through with a sharp knife to create the cracker pieces. Its easier than doing it when they are crispy. Cut into long strips and then across, approximately 5 long strips and 4 width strips making 20 crackers per tray.
- When cooled, store in an airtight container for up to 3 weeks, if they last that long!

These seed crackers are great with dips like guacamole and hummus, sprinkled over salads and soups or with a slice of cheese.

Another treat is to dip them in melted dark chocolate and allow to set for a sweet crunchy treat.