



GENESIS
-HEALTH REVOLUTION-

← Recipe Card →

Rustic Seed Crackers

INGREDIENTS:

- 1/2 C almond flour
- 1/2 C sunflower seeds
- 1/2 C pumpkin seeds
- 1/4 C sesame seeds
- 1/4 C ground flax, can also use whole flax seeds (I use golden flax for a milder flavor)
- 1/4 C chia seeds
- 1/4 C hemp seeds
- 1 tsp salt
- 2 TBS olive oil
- 1 C water

DIRECTIONS:

- Preheat oven to 300 degrees. Add all ingredients to a large bowl and mix. It will be soupy. Let it set for a couple minutes to bind together. (But don't let it set much longer).
- Cover your 18 x 13" cookie sheet with parchment paper, then dump batter on top. Spread batter out with either a spatula or damp hands, getting it as evenly distributed as possible. Batter should be about 1/4" thick or a bit less.
- Gently score or leave whole, opting to break apart when done. Put in oven on middle rack and bake for about 50-60 min. (they will begin to start to brown around the edges and smell toasty).
- Remove from oven, break up the crackers and turn crackers over on cookie sheet. **TURN OVEN OFF.**
- Put back in oven and continue baking in the cooling oven for about another 15-20 min. Or until crisp through. They will crisp more as they cool.



