

Seed Crackers

(Laura Ono,
PEI Symphony)



Ingredients

- 100 G. Sunflower Seeds
- 100 G. Pumpkin Seeds
- 100 G. Sesame Seeds
- 60 G. Flax Seeds (Whole, Not Ground)
- 3 Tbsp. Psyllium Husks
- 400 Ml. Water
- 1 Tsp. Salt

Method

1. Preheat oven to 300°
2. Combine all ingredients and let stand for 10 - 15 minutes, or until it is thick & pliable.
3. Spread mixture out as thinly as possible on a baking tray lined with a silicone mat or parchment paper. Note - you may need two trays. The mix should have no 'holes' in it.
4. Bake the trays for 1 - 1 ½ hours and check every 15 mins or so. Rotate from hot spots as required.
5. Once lightly browned and crisp, remove from the oven, leave to cool.
6. Break them into any size you want and store in an airtight container.