



Seeded Crackers



- 1/3 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 1/3 cup flax seeds
- 1/3 cup chia seeds
- 1/3 cup sesame seeds

- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 1 teaspoon dried oregano
- 1 teaspoon dried mixed herbs

- ¼ cup olive oil
- 1 cup of cassava flour (tapioca starch, tapioca flour, almond flour, arrowroot for alternative to cassava flour)

- 1 cup water

1. *Preheat oven to 175degrees with a fan if possible*
2. *In a large mixing bowl combine all the ingredients and the water. Add more water if needed, the dough should be smooth.*
3. *Spread thinly on lined baking trays, you may want to roll the dough between two parchment paper. You should have enough dough for two baking trays. Thickness around 3mm: Too thin and the crackers will be very fragile, too thick and they'll be more like a seed cookie than a cracker.*
4. *Using a knife draw a grid on the spread dough to pre shape the crackers.*
5. *Bake for 10 minutes each side or until golden brown and crisp (check every 2/3 minutes to make sure the crackers don't burn.*
6. *Remove from the oven, allow to cool, then break into irregular shards. Store in an airtight container.*

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