



SEEDED CRACKERS

½ cup each – chai seeds, sunflower seeds, sesame seeds

½ cup almond meal or LSA

2 crushed garlic cloves

2 teaspoons chopped herbs (try parsley or sage)

1 teaspoon chilli flakes (optional)

Preheat oven to 160°C and line baking tray with baking paper.

Mix all the seeds and almond meal or LSA in a bowl.

In another bowl, mix remaining ingredients with 250ml water.

Pour the liquid mixture into the seed mixture and stir until thick and combined.

Spread the mixture on baking tray, and press down using your hands until approx. 5mm thick.

Bake for 25 mins – take out of oven – cut into the size crackers you want using a sharp knife – then get a butter knife and flip over each cracker – and bake for another 25 mins.

Cool on storage tray.

And try not to eat all at once!!!