



ALLERGIES:

No grains
No dairy
No egg
No gluten
No nuts
Low disaccharides

Prep time: soaking time 2-24 hours

Cook time: 2-3 hours

Serves: makes approx 60 crackers

INGREDIENTS

- 1/2 cup chia seeds
- 2 1/2 cups water
- 1/2 cup crushed linseeds
- 1/2 cup sesame seeds
- 1/2 cup poppy seeds

SEED CRACKERS



METHOD

- Put water and chia seeds into a bowl and stir.
- Soak for at least 2 hours (I leave overnight), until all water has been absorbed.
- Add the linseeds and mix well.
- Divide the mixture into halves and add sesame seeds to half, and poppy seeds to half.
- Mix well and drop teaspoons of mixture onto oven tray, swirl around until thin.
- Bake them in an oven set to dehydrate, or 100°C until the tops are dry.
- Turn each cracker over and place on a wire (cake cooling rack) on the base of the oven.
- Bake the next tray on the higher shelf and again turn crackers and place on wire rack.
- Continue in this way until all are baked, and thoroughly dried out. (2-3 hours each tray).
- Once cooled, and very crisp, keep in an airtight container in the cupboard.
- NOTE: these must not have any moisture in or they may become mouldy.