



Seed crackers

Serving: 3

Veg

Ingredients

- 1/4 cup chia seeds
- 1/2 cup water
- 1/4 tsp salt
- 1/4 cup Melon seeds
- 1/4 cup Pumpkin seeds
- 1/4 cup sunflower seeds

Preparation Method

- Mix the chia seeds, salt and water together in a bowl and allow it to sit for 30 min till the chia seeds swell up.
- After 30 min mix the remaining seeds into the chia seeds.
- Preheat oven at 160C
- Line your tray with a silpat, if not use a good quality butter paper or you can just oil your tray/ plate and then spread the mixture evenly.
- Use an offset spatula or Back of a spoon to spread the mixture evenly on the tray.
- Put the tray in the preheated oven to bake at 150C for 20-25 min.
- Check after 15 minutes to make sure it's not burning.
- If your oven heat is less it might take up to 30 min. Keep checking and adjusting till the crackers are completely dry and brittle.
- Cool it down, break into desired size and shape and store in an airtight container.
- serve it