

Simple seed crackers

with nori, herbs or spices.



10 servings



60 minutes

INGREDIENTS

- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/3 cup filtered water
- 4 Nori Sheets
(raw or roasted, crushed) or
- 2 tbsps mixed herbs/spices
- 1/4 cup Maple Syrup
- OR 5ml Monk Fruit extract
(add extra 1 tbsp filtered water)

DIRECTIONS

1. Soak chia and flaxseeds in water for 60 mins.
2. Preheat oven to 120°C and line a baking sheet with parchment paper.
3. Add the soaked seeds to the other ingredients in a bowl and mix until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
4. Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy

Refrigerate in an airtight container up to 5 days, or freeze if longer.

A DIET RICH IN
PLANT FIBRE
FEEDS YOUR HEALTHY
GUT BACTERIA.



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