



Seed crackers

So easy to make and a LOT cheaper than buying them. Makes 16. Per serve: Cal: 73; Pro: 2.8g; Fat: 6.5g

Serves: 16, Prep time: 00:10, Cook time: 00:20

Instructions

Preheat oven to 175 degrees and line a baking tray with baking paper. Grease lightly with olive oil. Cut another piece of baking paper around the same size and set aside.

Blend the sunflower seeds with the garlic powder, salt, pepper and oregano until the mixture is on the verge of turning into a paste, but is more like a thick flour.

Add the sesame seeds, pulse a few times and slowly add the water until it IS a like a stiff dough.

Transfer to the baking tray and cover with the other piece of baking paper. Roll the dough out until it is a thin layer but gently pull the top layer of baking paper off. Use a knife to score the batter into 16 crackers.

Ingredients

- 1 cups Seed, sunflower, kernel, dried
- 0.5 teaspoon Garlic powder
- 1 teaspoon Black pepper
- 0.5 teaspoon Salt, Himalayan
- 1 teaspoon Dried oregano
- 1 cups Seed, sesame, dried, raw
- 0.25 cups Water

Bake in the oven until golden and crisp,
around 20 minutes.

Leave to cool and break into crackers.

(inspo from [Mark's Daily Apple](#) - the guru)