

Mixed Seed Crackers

Makes approx. 10



Ingredients (allergens in bold)

- 50g Sunflower seeds
- 30g Chia seeds
- 50g **Sesame seeds** or linseed
- 50g Pumpkin seeds
- 1 teaspoon dried rosemary
- Pinch salt
- 150/200ml water – to combine the seeds

Method

1. Mix all the seeds, rosemary & salt in a bowl
2. Add water & mix (the chia seeds act as the glue!)
3. Leave to rest for 10-15 mins
4. Place baking paper on a tray
5. Turn the mixture onto the greaseproof paper
6. Smooth across the tray to approx. 1/2cm thick
7. Bake in the oven for approx. 30 – 40 mins
8. Enjoy with soup or cheese of your choice!



Equipment

- Weighing scales
- Large mixing bowl
- Measuring jug
- Tablespoon
- Teaspoon
- Baking tray

Recipe notes and tips

- Replace the sesame seeds with linseed for any allergies.
- Seeds are a great source of protein and give a lovely crunchy texture and toasted flavour when cooked.