



## *Homemade Blended Seed Crackers*

### **Ingredients:**

- 1/3 cup hemp seeds
- 3/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/2 tsp garlic powder
- 1/2 tsp thyme powder
- 1/2 tsp sea salt
- 1 egg (see note at end for alternative)
- 1 tbsp almond butter (alternatively, use normal butter)
- Nutritional yeast (optional for 'cheesy' flavour)

### **Directions**

1. Preheat oven to 180°C
2. Add all the seeds (except the chia if using instead of eggs), herbs and salt to a food processor and pulse blend. You don't want big chunks of seeds but don't blend it to a fine powder either. 'Meal' consistency is about right
3. Add nut butter (or normal butter) and egg (or egg substitute)
4. Combine, scrape down the sides, and mix again. (Your dough is now done.)
5. Place a piece of baking paper on your bench, add the dough, then place another sheet of baking paper on top. Roll out the dough until to your desired thickness. Remove the top sheet of baking paper and place baking paper with rolled out dough on a baking sheet. Mark out one inch squares with a knife.
6. Bake for approximately 20 minutes. If the middle doesn't seem cooked enough, cut along the lines carefully and space them out some more. Put back in the oven for a few more minutes.

### **Notes:**

If you can't eat eggs or would prefer not to use eggs, substitute with the following - combine 1 tbsp of chia seeds with 2 1/2 tbsp of water, mix and let sit for 5 minutes. This mixture can then be used as a substitute to the egg in the recipe.