

FLAX & PUMPKIN SEED CRACKERS

Ingredients

- 1 cup Almond meal
- 1/2 cup Flaxseed/linseed, brown or golden
- 1 Tbsp Chia seeds
- Salt and Pepper to taste
- 1/4 cup soaked Pumpkin seeds
- 1 Egg
- 1 Tbsp Coconut oil

Makes 20-40 depending on
how big/small you cut

Method

- Preheat oven 170°C
- Soak pumpkin seeds over night. If not able to, place in a bowl with water just covering seeds and microwave 1 min at 70W.
- Coconut oil can be melted in oven, while it is warming up.
- Place all ingredients into a food processor until it starts to form a 'dough', or clump up.
- Roll out on baking paper that fits a flat baking tray, with another piece on top; to about 2-3mm thick.
- Gently score/mark the top into the size square that you want your crackers to be.
- Place tray with dough into oven for about 15-20



min, until lightly toasted. Check at 10min mark and turn tray around to make sure that they get baked evenly.

- Once baked, remove and place on cooling rack.
- Once cooled, break into pieces and store in an airtight container. Last for at least 2-3 weeks.
- Perfect for having on its own or, with a dip