

# LOVE THY CARROT

*real food made with love*

## SUPER SEED CRACKERS

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Crispy crackers that go with everything.

### INGREDIENTS

1/3 cup almond flour  
1/3 cup unsalted sunflower seeds  
1/3 cup unsalted pumpkin seeds  
1/3 cup chia seeds  
1/3 cup sesame seeds  
1 tbs ground psyllium husk powder  
1 tsp salt  
1/4 cup melted coconut oil  
1 cup boiling water

### DIRECTIONS

1. Preheat the oven to 300°F.
2. Mix all the dry ingredients in a medium sized bowl with a wooden spoon.
3. Add the boiling water and melted coconut oil. Mix well and form into a ball. Let rest for 10 minutes to let the magic of the chia seeds work to hold the dough together until it has a gel-like consistency.
4. Place the dough on a baking sheet that has been lined with parchment paper. Place another piece of parchment paper on top and roll using a rolling pin, (or use your hands to spread the dough) to desired thickness, remove the top piece of parchment paper.
5. Use a knife or pizza cutter to score the mixture into evenly sized pieces or skip this step and you can break them up free form when done.
6. Bake on the lower rack of your oven for about 45 to 50 minutes, checking towards the end of the cooking time as seeds can burn easily.
7. Turn the oven off and leave the crackers to dry in the oven. Once dried and cooled completely, then break apart.
8. Store in air-tight container

### COOKS NOTES

If you want to make a sweet cracker and 1 tablespoon of honey or maple syrup to the mixture.

This recipe is also delicious with any of your favourite herbs, try adding 1 tablespoon of chopped fresh rosemary or dried za'atar.