

Seeded Crackers



✂ Serves: 95 (Approx 10g)



Prep Time: 40 min



Difficulty: Easy

Making your own seeded crackers can be easy, cost effective and a healthier option compared to store bought varieties that are often low in fibre and high in salt. Serve these homemade crackers alongside veggie sticks and homemade hummus and you have a satisfying and healthy snack.



Ingredients

- 1 cup sunflower seeds
- ½ cup linseeds
- ½ cup sesame seeds
- 4 tablespoons chia seeds
- 1 cup plain flour
- 1 cup wholemeal flour
- 1 cup water
- 160mL olive oil

Method

1. Preheat oven to 180°C.
2. Place seeds and flour in bowl, stir to combine.
3. Add water and oil, mix to form a dough.
4. Divide dough into four balls, roll each ball between two sheets of greaseproof paper to approximately 3mm thick.
5. Transfer to a baking tray, remove top sheet of paper, use a knife to score the dough slightly.
6. Bake for 15 - 20 minutes or until golden.
7. Allow to cool on wire racks, break into pieces to serve.
8. Store in airtight container for up to 2 weeks or freeze.