



Seed & almond

NUT CRACKERS

INGREDIENTS

100g almonds, whole, raw, unsalted

200g sunflower seeds

60g linseeds

80g sesame seeds

40ml psyllium husk

500ml water

1 tsp salt

50g pumpkin seeds, chopped

METHOD

Preheat the oven to 160°C.

Place all the dry ingredients in a bowl and combine. Add the water and mix well. Allow to stand for 20 minutes.

Spread the thickened mixture thinly and evenly over 2 silicone mats. Bake until crackers are caramel in colour, dry and crisp. Turn the seed cracker over to make sure it is dry and golden on both sides.

Allow to cool and break into large crackers – about 8 to 10 per sheet.

Store in an airtight container until needed.

Serve with low fat cottage cheese, fish pâté or nut butters.