

# SEEDED CRACKERS

Jay  
Halford



Makes 2 Trays of 20x30cm



Total Time: 2hr 50min



Prep: 2hr



Cooking: 50min

## Ingredients:

- 50g linsed
- 50g chia seed
- 50g sunflower seed
- 25g pumkin seed
- 25g black sesame
- 500ml of cold water

Equipment needed: Oven, Baking trays x 2, Non stick Baking parchment, Mixing bowl, Spoon

## Method:

Pre heat the oven to 165c

Measure all of the seeds into the mixing bowl and mix them well

Cover with the 500ml of water

Leave to soak at room temperature for 2 hours until the seeds have absorbed all of the water

Give the mix a good stir to make sure the seeds are evenly spread

Line the two baking trays with the non stick baking parchment

Split the seed mix between the two trays and spread it out as thinly as possible using the back of the spoon

Bake at 165c for 30minutes and then remove from the oven

turn the crackers over so they are face down on the tray and then peel back the parchment paper so that it comes away from the crackers and remove it completely

Place the trays back into the oven and cook for a further 20minutes

Remove from the oven and leave to cool

Once the crackers are cooled then you can break up into the sized pieces that you would like

## *Top Tips*

Always use non stick parchment. Normal baking paper with stick and blend into the crackers. Foil also works if you don't have parchment.

Only spread the crackers as thin as the biggest seed and thiner will not hold very well.