

Gluten Free Crackers

This makes enough for 3 standard size biscuit trays

Ingredients

¾ cup sunflower seeds
¾ cups pepitas
¾ cup flax seeds
4 ½ tbsp sesame seeds
4 ½ tbsp chia seeds
1 ½ cup water
1 tsp salt

Base flavouring

1 ½ tsp onion powder (optional)
½ cup nutritional yeast

or

Mexican flavour

1 ½ tsp onion powder
½ cup nutritional yeast
2 tsp dried oregano
2 tsp smoked paprika
2 tsp ground cumin
optional chilli flakes if you like it hot

Method

1. Mix everything in a bowl and mix well. Leave for 30 minutes until the seeds have soaked up all of the water.
2. Spread evenly using a offset spatula over baking paper lined biscuit trays. This amount will cover three trays. Get them as thin as you can.
3. Score them by using a knife, making them any shape or size you like.
4. Bake in a 160C oven for 20 minutes then remove from the oven.
5. Turn the crackers over and break the crackers into individual crackers and bake for a further 15 minutes or until they are perfectly crisp but not burned.



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