

Susanne's Seed Crackers

Ingredients

- 2 cups sunflower seeds or mix of pumpkin and sunflower seeds
- 1/2 cup flax seeds
- 3/4 cup sesame seeds
- 3 3/4 Tablespoons ground psyllium husks
- 1 Tablespoon bouillon powder or herb salt to taste
- 3 Tablespoons coconut oil, melted
- 3 cups water

Method

Preheat oven to 300 F.

Mix the dry ingredients. Add in the oil. Add in the water. Let sit until thickened, about 15 minutes.

Spread on a baking sheet covered with parchment paper.

Bake approximately 40-50 minutes in a convection oven at 300F. Depending on your oven (gas vs. electrical, convection vs. non) it may take 60+ minutes. Move the sheets around so they bake evenly. At 20 minutes into the baking process, score the crackers into 12 squares/sheet. They are too fluid to score before baking and too hard to cut afterwards.

Let cool on baking sheet. When cool, store in airtight container.

Source: Susanne Kredentser (Yield: 3 baking sheets of crackers, about 36 crackers)
