

Life-changing Crackers

A recipe from Nel

The Life-Changing Crackers

Makes 3 baking sheets of crispbread

Ingredients:

1 cup sunflower seeds
½ cup flax (linseed) seeds, ground
1/3 cup pumpkin seeds
¼ cup sesame seeds
1 ½ cups rolled oats
2 Tbsp. chia seeds
4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)
1 ½ tsp. fine grain sea salt
1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)
3 Tbsp. melted coconut oil or ghee
1 ½ cups water

Method:

Combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together. Add to the dry ingredients.

Mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add a little water until the dough is manageable).

Add any flavouring you like (eg figs and star anise, or rosemary, pepper and smoked salt.. Gather dough into a ball and place it between two sheets of baking paper. Using a rolling pin, firmly roll out into a thin sheet. Remove top layer of baking paper and using the tip of a knife, score the dough into shapes, rectangles or triangles. Let sit out on the counter for at least 2 hours, or all day or overnight.

Preheat oven to 175°C. Using the baking paper, slide the dough onto a cookie sheet and bake for 20 minutes. Remove cookie sheet from oven, flip the whole cracker over (if it breaks a bit, don't worry!) and peel the baking paper off of the back. Return to oven to bake for another 10 minutes, until fully dry, crisp, and golden around the edges.

Let cool completely, then break crackers along their scored lines and store in an airtight container for up to 3 weeks.