



KETO SEED CRACKERS (VEGAN)

This weeks Recipe of the Week has been shared with us by recipe creator Janine Whitling of [Janine's Gluten Free Kitchen](#). A simple and nutritious seed cracker that is well worth the time to make. Enjoy...

Ingredients:

1/3 cup *pepitas*

1/3 cup *sunflower seeds*

1/3 cup *chia seeds*

1/3 cup *flaxseed/linseed meal*

1/2 cup of *sesame seeds*

1/4 cup *psyllium husks ground*

1 teaspoon *salt*

1 teaspoon *cracked pepper*

1/4 cup dried *rosemary*

2 tablespoons of *olive oil*

1 and 1/2 cups *boiling water*

Method:

Preheat your oven to 180°C.

Prepare 2 large baking trays by cutting 3 sheets of baking paper the same size as the baking trays.

Place all dry ingredients into a bowl and mix well.

Collect all your wet ingredients in a separate bowl or jug.

The next part we recommend you move very quickly and do not let the mixture stand before

rolling it.

Pour the wet ingredients into your dry ingredients and very quickly stir the mixture with a wooden spoon or spatula until it comes together evenly and begins to thicken. This should only take about 30 seconds. It should resemble play dough.

Divide the mixture into two and put each on a sheet of baking paper (not on the tray as this will make it difficult to roll out). Use the spare sheet on the top of the crackers dough so you can roll it out. . Roll out each dough as thin as you can or to the edge of each sheet. You will find that it will roll to the thickness of the pumpkin seeds as these are the thickest seeds. Once you have rolled each sheet, gently slide them (with the dough) onto each baking tray.

Place the trays in the oven, one near the bottom of the oven and one nearer the top of the oven. Bake until crispy and browned all over for 30-35 minutes or until super crispy in the centre of the tray. It will continue to crisp as it cools down once out of the oven.

Let the crackers cool completely before breaking it up and storing in an airtight container. Do not refrigerate.

Serve with your choice of dips or antipasto.

Note: If you take out too early and it doesn't crisp up as it cools down, you CAN put it back in the oven. We have found that it can take a total of another 15-20 minutes as the crackers need to heat up again before they begin to dry and brown.

Gluten Free | Dairy Free | Sugar Free | Vegan

To see more from Janine's Gluten Free Kitchen, visit their [You Tube channel here](#)