

Homemade seed crackers (nut free)

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The chia and the flaxseed meal hold these crackers together beautifully.

If you use a dehydrator, they'll remain [raw](#), or keep the oven temperature below 50°C (120°F) and cook for three hours. If they're not crunchy enough, flip them over then put them back in for another hour.

Ingredients (makes 16 crackers)

- 50g (1/3 cup) mixed [chia](#) and flaxseed meal
- 2/3 cup mixed hemp, sesame, sunflower, pepitas, nigella and poppy [seeds](#)
- 250ml (1 cup) water
- 1tsp unrefined [salt](#)

Method

Preheat the oven to 150°C. Line a 30cm × 40cm (12" × 16") baking tray with baking paper.

Place everything in a bowl, then mix well to form a wet dough. Let the dough sit for about 15 minutes to allow the chia to swell up and go gooey.

Using wet hands or a spatula, spread the dough out until about 5 millimetre thick on the prepared

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tray, then score into 16 rectangles with a sharp knife. Bake for one hour, turn off the oven and leave to dry out in the oven for a further hour. If using a dehydrator, press the dough onto three or four Teflex sheets, score, then put on 175°C for 12 hours. Remove the crackers from the Teflex sheet and cut all the way through to create individual crackers, then place upside down on the sheet and return to the dehydrator for three hours.

Allow the crackers to cool slightly before storing in an airtight container for up to one week. They'll stay fresher for longer in the fridge.

Recipe and images by [Janella Purcell](#)

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