

ultimate seed crackers

Makes 8 servings

RECIPE ADAPTED FROM: [Downshiftology](#)

PREP TIME: 10 minutes

COOK TIME: 3 hours

½ cup pumpkin seeds (pepitas)

1 cup ground flax seeds

⅓ cup sesame seeds

¼ cup chia seeds

1 tsp salt

1 ¼ cups water

up to 2 Tbsp of your favorite herbs and spices
(e.g., ½ tsp garlic powder, ½ tsp onion powder,
1 tsp dried thyme + 1 tsp dried basil)



BLEND PUMPKIN SEEDS

PREHEAT oven to 200°F (100°C).

ADD pumpkin seeds to a food processor and pulse several times, until it resembles coarse sand.

MIX EVERYTHING

ADD pumpkin seeds and all remaining ingredients to a large mixing bowl.

STIR together for a minute or two, until the seeds start to gel together.

ROLL IT OUT

LINE an 11x17 baking sheet with parchment paper.

SPREAD the mixture on the parchment paper.

PLACE another piece of parchment paper on top and roll/press to your desired thickness. If you'd like to make the crackers thinner, divide the mixture into halves and use 2 lined baking sheets to roll the mixture out on.

SCORE

USE a knife to score the mixture into desired-sized pieces.

BAKE

COOK for 2½ to 3 hours or until fully dehydrated, rotating the pan halfway through. Allow crackers to cool completely, then break apart.

SERVE + STORE

SERVE topped with a smear of cream cheese, smoked salmon and red onion for an easy, balanced breakfast. The crackers also work great as a snack, with soup, or broken up for crunch in a salad.

STORE crackers for up to two weeks in a sealed container.