NIC'S SEED CRACKERS

Ingredients:

160 g flaxseeds

80 g mixed seeds (such as pumpkin seeds, sunflower seeds, sesame seeds)

½ teaspoon sea salt

1 teaspoon of your favorite spice (such as cayenne pepper, smoked paprika, cumin seeds or fennel seeds)

Procedure:

Place the flaxseeds in a bowl with enough water to cover. Cover with a tea towel and leave to soak overnight. Place the mixed seeds in a separate bowl and pour pver enough water to cover. Cover with a tea towel and soak overnight.

The next morning, drain and rinse the flaxseeds and mixed seeds and combine in a blender. Add the salt and spice and pulse a few times to break up the seeds (but do not over-process; you want the seeds to be chopped but a little chunky.)

Preheat the oven to 50°C or as low as it will go. Line 2 large baking trays with baking paper.

Spread the seed mixture very thinly on the trays. Bake for about 6 hours, turning over after 3 hours, until crisp and dry.

Cut or break the crackers into pieces. Store in an airtight container for 2-4 weeks.

SERVES 6-8

VARIATIONS

Seaweed and seed crackers

Follow the recipe above, substituting 1 tablespoon spirulina powder and 1 tablespoon dried dulse flakes for the spice.

Curry and seed crackers

Follow the recipe above, substituting 1 ½ tablespoons curry powder and 1 teaspoon garlic powder for the spice.

Sun-dried tomato and Italian herb crackers

Drain 12 sun-dried tomatoes packed in olive oil, and pat dry. Process in a food processor until smooth. Follow the recipe above, substituting 1 teaspoon mixed Italian herbs, 1 teaspoon garlic powder and the blended sun-dried tomatoes for the spice.

Source: Evan, Pete. "Nic's Seed Crackers." *Family Food.* 204