

Sunflower Sesame Seed Crackers

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Ingredients:

1 cup sunflower seeds

1 cup sesame seeds

1/4 cup water

Optional: Parma cheese, sundried tomatoes, flax seed, herbs, spices, garlic/onion powder, sea salt

Preparation:

Preheat the oven to 325F.

In a food processor, create a "flour" from the sunflower seeds. It will take about 1 minute for the seeds to break down and turn into a more flour-like consistency, although it will be thicker and heavier.

Add the sesame seeds and pulse a few times, then slowly add in water, stirring or pulsing until a thick paste forms that can be rolled out as thinly as possible on the counter between 2 sheets of parchment paper.

Remove the upper piece of parchment and place bottom piece of parchment with cracker onto a cookie sheet.

Lightly score the batter into squares or rectangles with a sharp knife. Sprinkle with herbs,

spices and/or sea salt if desired.

Bake until golden and crisp, about 15-18 minutes. Allow to cool thoroughly before

gently breaking into squares as scored. Enjoy with chipotle-mango guacamole, green tomato relish, curry dip, salsa, baba ghanoush, or your own dip!