

# MIXED SEED CRACKERS



## QUICK

About 8 minutes  
prep time

## HEALTHY

The seeds have so many health benefits.... protein rich, source of many vitamins & minerals & high in mono-unsaturated oleic acid that helps lower LDL or "bad cholesterol" and increases HDL or "good cholesterol" in the blood

## FAMILY

Makes 50-60  
crackers

## MEALS

These are a perfect healthy snack, with or without a topping and are great for packed lunch too

## INGREDIENTS

- 120g wholemeal flour
- 120g oats
- 200g mixed seeds. I use:-
- 50g sesame seeds
- 50g sunflower seeds
- 50g pumpkin seeds
- 50g chia seeds
- 2 tsp olive oil
- 1 tsp salt
- 500ml water
- Optional extras – mixed herbs, grated carrots, paprika, rock salt

## METHOD

1. Put the oven on to 170°C
2. In a bowl mix together all of the dry ingredients
3. Add the water and mix - it will look quite sloppy
4. Pour onto 2 x 40cm x 30cm oven trays lined with a non stick liner or greaseproof paper. If they're smaller – use 3 because it must be thin
5. Sprinkle with optional extras – if using
6. Use the back of a spoon to spread it out as **thinly** as you can.
7. Cook for 15 mins – remove from the oven and cut into squares/rectangles
8. Put back into the oven for 25 - 40 mins till light brown. Check them from about 25 mins as every oven is different.
9. Gently crack into individual crackers
10. Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)