

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
- 100g sunflower seeds
- 50 g pumpkin seeds
- 2 tsp olive oil
- 1 tsp salt
- 500ml water
- Optional extras – chia seeds, mixed herbs, 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 oven trays lined with a non stick liner or greaseproof paper
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 40 mins till light brown
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