

ENRICHED

NUTRITION & LIFESTYLE COACHING

Keto Crackers

Ingredients

1 cup pumpkin seeds
1 cup sunflower seeds
½ cup flax seed
½ cup chia seeds
½ cup sesame seeds
2 cups water

Method

Heat oven to 170

Blitz seeds in a blender for smoother texture or leave whole

Add water to see mix and allow to sit for 30 minutes

Spread out thinly on two oven trays lined with parchment paper (the thinner the mix the crispier the cracker)

Bake for 30 minutes.

Slices into crackers, turn over and bake for further 30 minutes

For different flavours

Italian – add 1 tsp each oregano, basil, garlic powder

Spicy – add ½ tsp chilli flakes, 1 tsp curry powder

Cheesy – grated parmesan cheese