

# Intuitive Nutrition

## Seed Crackers

### Recipe for approx 2 to 3 trays of seed crackers

#### Ingredients:

- 200g Organic Sunflower Seeds
- 60g Organic Pumpkin Seeds
- Organic Linseed or Flaxseed
- 100g Sesame Seeds
- 15g Psyllium Husk
- 5g of Celtic Seasalt or other natural salt.



#### Instructions:

1. Preheat oven to 160 C or fan over 140 Celcius. Line two large oven trays or three small oven trays with baking paper.
2. Mix all ingredients in a bowl with 490ml purified water and let stand for 15 minutes until it thickens into a slightly gluey consistency. Stir and spread the mixture evenly over the tray.
3. Bake 1 hour then remove from the oven and mark the cutting lines. Return the tray to the oven for 30 to 60 minutes depending on how thick the crackers are. Switch oven off and leave the crackers in the oven for at least another hour to dry further.
4. Remove from the oven and allow to cool completely. Store in an airtight container.

Try adding these;

1/4 cup nutritional yeast & 1 teaspoon onion powder

2 teaspoons Italian herb mix

1/2 teaspoon chilli flakes & 1 teaspoon of curry powder.

[www.clareseagrave.com](http://www.clareseagrave.com)  
YouTube @clareseagrave