



Crispy seed crackers

INGREDIENTS

- ✓ 1 cup of mixed ground seeds (Linseed, Buckwheat, Pepitas and Sunflower seeds)
- ✓ 1 egg (free range)
- ✓ ¼ teaspoon of sea salt
- ✓ ¼ teaspoon of rosemary finely chopped
- ✓ ¼ teaspoon fresh thyme finely chopped
- ✓ 1 tsp of poppy seeds
- ✓ ¼ teaspoon of cumin seeds



ground seeds

PROCESS

- ✓ Preheat oven to 160° Celsius
- ✓ Pulse the mix of seeds (except poppy and cumin seeds) in a food processor until it is ground into a flour and pour into a bowl.
- ✓ Add the poppy seeds, cumin seeds, salt, rosemary and thyme to the flour.
- ✓ Add the egg white and mix well until it is a sticky dough.
- ✓ Place dough between two sheets of baking paper and roll out with a rolling pin as thinly as you can.
- ✓ Remove the top sheet of baking paper and use a pizza cutter to cut into crackers.
- ✓ Sprinkle with rosemary and sea salt Bake for 10 minutes but keep watch to prevent burning whilst cooking Store in airtight container for up to a week.



rosemary finely chopped



poppy seeds



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.