



## NUT AND SEED CRACKERS

Recipe by Kate Dowling @whatwherekate on Instagram

### Ingredients

½ cup almond meal

1 cup mixed seeds (*flax/linseeds, poppy seeds, sesame seeds, sunflower seeds, pumpkin kernels*)

2 tblsp. Psyllium seed husks

2 free range egg whites *with a 2 teaspoons of water* lightly whisked together

Pinch sea salt

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### Method

1. Preheat oven to 160 degrees Celsius.
2. Combine the dry ingredients in a large mixing bowl then add egg whites to form wet dough.
3. Roll the dough thinly between 2 pieces of baking paper.
4. Carefully remove the top layer, score with a sharp knife to make crackers (optional, I prefer shards)
5. Sprinkle the crackers with some extra sea salt and bake in oven for 12-15 mins until browning on edges.
6. Remove tray from oven and flip cracker over to brown both sides evenly.
7. Return to oven and cook a further 5 minutes.
8. Turn oven off and allow to cool in oven. (*For the perfect crispness I tend to make a double batch in the evening and leave to cool in the oven overnight*).