

## Crunchy Chia Seed Crackers

Ingredients (about 20 crackers):

- ½ cup chia seeds
- 1 ½ cups water
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup sesame seeds (white or black, or mixed)
- ¼ cup flaxseeds
- 1 tsp cumin seeds (optional)
- ½ tsp salt (or more to taste)
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)
- 1 tsp dried herbs (oregano, thyme, rosemary, or mixed)

Instructions:

1. In a bowl, mix chia seeds with water. Stir well and let sit for 10–15 minutes until a thick gel forms. This will be the binder.
2. Mix seeds: In a large bowl, combine sunflower, pumpkin, sesame, flaxseeds, and any seasonings/herbs you like. Add salt.
3. Pour the chia gel over the seed mix. Stir well until all seeds are coated and it forms a sticky mixture.
4. Line a baking sheet with parchment paper. Spread the mixture evenly into a thin layer (the thinner, the crispier). Aim for about ¼ cm thick.
5. Bake at 150°C (300°F) for 30–35 minutes. Remove, carefully flip (you can cut into squares first to make flipping easier), and bake another 20–25 minutes until dry and crisp. **(I didn't need to flip it after 35 minutes as it was already crispy)**
6. Let cool completely before breaking into crackers. Store in an airtight container up to a week.