




Sea Salt & Garlic Crackers

 7 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1-2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

Notes

Storage Refrigerate in an air-tight container up to 1 week.

Serve Them With Hummus, nut butter, cheese, on top of salad or soup.

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Pumpkin Seeds
1/2 cup Chia Seeds
1/2 cup Almond Flour
1/2 tsp Sea Salt
1 1/2 tsps Garlic Powder
1/2 cup Water