

Healthy Seeded Crackers

Savor the crunch and flavor of these Nutrient-Packed Seeded Crackers. Made with a diverse mix of seeds and chickpea flour, these crackers are a powerhouse of micronutrients and omega-3s. Perfect for a healthy, vegan-friendly snack!

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PREP TIME

10 minutes

COOK TIME

25 minutes

TOTAL TIME

35 minutes

Servings 10

Course Appetizer, Snack

Cuisine Global

Keyword 10 ingredients or less, hemp seeds, Homemade Crackers, nutritional yeast, Omega-3 Rich

Ingredients

- ⅓ cup hemp seeds see notes
- ⅓ cup sesame seeds
- ⅓ cup flaxseeds
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ½ tsp garlic powder
- ½ tsp red chili flakes optional
- ½ tsp sea salt flakes
- ⅔ cup chickpea flour (besan) besan
- 2 tbsp olive oil
- 6 tbsp warm water

Instructions

1. **Preheat the oven** to 320 (160C), fan on (see notes for no fan options)
2. **Mix:** In a large mixing bowl, combine the hemp seeds, sesame seeds, flaxseeds, nutritional yeast, dried oregano, garlic powder, red chili flakes, sea salt flakes, and chickpea flour.

Add the olive oil and water and mix well until all thoroughly combined. Shape into a ball. Allow to rest for 5 minutes.

3. **Roll:** After the dough has rested, place the mixture onto a piece of baking paper.

Cover the dough with a second piece of baking paper. Using a rolling pin or a bottle, gently roll out the dough to be approximately 1/10 inch (0.25 cm) thick.

Carefully remove the top layer of baking paper.

4. **Bake:** Place the baking paper with the rolled-out dough onto a baking tray and slide it into the preheated oven. Bake until golden, for 20 to 25 minutes (see notes).

Rotate the tray halfway through to ensure even cooking.

5. **Cool:** Once baked, remove the tray from the oven and allow the crackers to cool down completely. This cooling time is essential as it helps the crackers to harden and achieve their characteristic crunch.

Break them apart with your hands. You can make them as big or as small as you like. Enjoy!