

## SEED CRACKERS



 **Makes** Approx.  
30 crackers

 **Prep Time** 10 mins plus  
resting time (20mins)

 **Cook**  
**Time** 1 hour

 **A Little**  
**More Effort**



### INGREDIENTS

- ½ cup pumpkin seeds
- 1 cup sunflower seeds
- 30 g **Gregg's Hemp Seeds**
- 1 cup ground linseed
- 1 Tbsp **Gregg's Whole Cumin Seeds**

### METHOD

1. Place all the ingredients in a bowl. Mix well and allow to rest, stirring occasionally for approx. 20 minutes, until the water and oil has been absorbed. The mix will be thick and porridge like.

- 1 tsp salt
  - 1 cup warm water
  - 1 Tbsp runny honey
  - ¼ cup olive oil
2. Preheat oven to 140°C (fan assisted). Line 2 baking trays with baking paper. Using a flat metal spatula spread the seed mixture into thin layer on the trays, ensuring there are no holes in the mixture. Bake for 60 mins until crackers are golden and crisp. Cool on the trays before breaking into pieces. Store in an airtight container.
  3. Serve with your favourite **Just Hummus** or as part of an antipasto platter.

## TIPS

- It is important to spread the mixture as thinly as possible to ensure the crackers will be crisp.
- If you are cooking on 2 racks, switch the trays halfway through cooking to avoid even baking.

*\* This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*