

Gluten-Free Seed Crackers

Prep: 20 min Cook: 45 min Total: 1 hr 5 min Servings: 25

Calories: 33 Fat: 6g Protein: 1g Carbs: 46g Fiber: 2g

Ingredients

- 1/2 cup BBF Organic Super Seeds
- 1 Tbsp Cornstarch
- 1/2 tsp Salt
- 1/3 cup Sunflower Seeds - Raw
- 1/3 cup Pumpkin Seeds - Raw
- 2 Tbsp Everything Bagel Seasoning
- 1 cup Boiling Water

Directions

1. Preheat the oven to 350 F and line a baking sheet with parchment paper.
2. In a medium mixing bowl, whisk together the super seed blend, cornstarch, salt, sunflower seeds, pumpkin seeds, and everything bagel seasoning and stir until well combined.
3. Pour the boiling water over the seed mixture and stir until there are no dry spots.
4. Cover with a kitchen towel and let sit for 15 minutes until the seeds have absorbed the water and the mixture is thick and sticky.
5. Transfer the mixture to the prepared baking sheet and, using a rubber spatula, spread into as thin and even a layer as possible. On the baking sheet, it should go all the way to the edges. Be sure that the middle isn't too thick and the edges aren't too thin, and try to avoid any gaps or holes. You want even, thin, crispy crackers!
6. Bake your crackers for 35-45 minutes, or until they have become toasty in color and are dry and hard to the touch. If it feels soft in the middle, let it bake for a couple more minutes, but not past 50 minutes, or you'll have burnt crackers!
7. Let crackers cool completely on the baking sheet, then carefully break your large cracker into whatever size pieces you prefer. Enjoy right away or store in an airtight container at room temperature for up to 1-2 weeks.
8. Enjoy your Gluten-Free Seed Crackers!