

FLAXSEED CRACKERS

By Pamela Goodstate



Preparation : 5 min - **Resting :** -- **Cooking :** 30 min - **Equipment :** SS BOWL, FLAT SPATULA, BAKING TRAY

Ingredients : SERVES APPROX 50 CRACKERS

- FLAXSEED CRACKERS - 1/2 CUP CHAI SEEDS - 1/2 CUP FLAX SEEDS - 1/2 CUP PUMPKIN SEEDS -
1/4 TSP SALT - 1 CUP BOILING WATER - 1 EGG

FLAXSEED CRACKERS

1. Place seeds and salt into ss bowl, EXPERT speed 18, 30secs to combine
2. Add remaining ingredients egg, slowly add water, EXPERT speed 6 , 1 minute scrape down sides as required.
3. place into baking tray press down firmly to cracker thickness. Bake 180 c for approx 30 mins. Must cut into portions while still warm

Chef's tip :

1tsp seasoning Garlic Powder or Onion Powder Store in airtight container when cool.

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