



Seed Crackers

Source – Amanda Ruben 'Feasting'

Harvest – seeds (various)

Vocab Words – seeds (various), dry ingredients, dough

Skills – make dough, divide in quarters, use a rolling pin, bake

Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Rolling pins
- Baking trays
- Serving Items – platters and tongs

Ingredients:

- 60 g **sunflower seeds**
- 40 g **linseeds** (flax seeds)
- 2 tablespoons **white sesame seeds**
- 2 tablespoons **black sesame seeds**
- 2 tablespoon **chia seeds**
- 1 teaspoon **sea salt**, plus extra for seasoning
- 75 g **white flour** (spelt)
- 85 g **wholemeal flour** (spelt)
- 80 ml EV **olive oil**

What to do:

1. Preheat the oven to 180°C.
2. In a bowl combine the dry ingredients and mix well.
3. Add the oil and 125ml of water and mix to form a dough.
4. Divide the dough in quarters.
5. Take a sheet of baking paper and place one quarter of the dough on top, then top with another sheet of baking paper.
6. Using a rolling pin roll out the dough until 2mm thick. Repeat with the other dough.
7. Remove the top layer of baking paper and place on a baking tray.
8. Sprinkle a little more salt over the top, then put in the oven and bake for 15-20 minutes, until crisp and lightly golden.
9. Remove from the oven and leave to cool for 10-15 minutes (at least). Once cool break into pieces.

Notes: Variations – add other herbs or spices you like, perhaps cumin, paprika, rosemary or thyme.