

Pete Evans' Seed Crackers



We love them with avocado, macadamia cheese, tomato, and some herb salt and pepper. I added cajun spice to my last batch – paprika, onion powder, garlic powder, salt, pepper, cumin, mustard seed, fennel, cayenne, cinnamon and oregano. Check out the variations below, too!

Pete Evans' Seed Crackers

160 g golden or brown linseeds

80 g mixed seeds, such as pumpkin, sunflower, sesame

1/2 teaspoon salt

1 teaspoon your favourite spice, such as cayenne pepper, smoked paprika, ground cumin, fennel seeds – or see below for other variations.

Place the linseeds in a bowl, pour over enough water to cover and leave overnight.

Place the other seeds in a separate bowl and pour over enough water to cover and leave overnight.

The next morning, drain and rinse the mixed seeds and add to the undrained jelly-like linseeds. Add the salt and spice, spices (see below for other variations) and place in the

blender (or Thermomix) and pulse a few time to break up the seeds. (Do not over pulse as you still want the seeds to be a little chunky but chopped.

Preheat the oven to 50°C.

Spread the mixture very thinly on a couple of baking trays and bake for about 6 hours, turning over halfway through to help the drying process. Remove from the oven and cool on the baking tray.

Cut or break into pieces and serve with your favourite dips, pâté or snack on them on its own.

Can be stored in a airtight container upto 2 weeks to 4 weeks.

Other variations:

Seweed and seed crackers

1 quantity cracker mix – see above

1 tablespoons sprinlina

1 tablespoon dried dulse

Follow the recipe above and add the sprinlina and dried dulse instead of adding the spices

Curry and seed crackers

1 $\frac{1}{2}$ tablespoon curry powder

1 teaspoon garlic powder

Follow the recipe above and add the curry and garlic powder instead of adding the spices

Sundried tomato and Italian herb crackers

12 sundried in olive oil, drain and pat dry –

1 teaspoon mixed Italian herbs

1 teaspoon garlic powder

Blend sundried tomato's in the food processor until smooth. Follow the recipe above and add the sundried tomato, Italian herb and garlic powder instead of adding the spices