

Nessa's Nibbles Cracker Recipe

Finding a healthy snack options from the supermarket had become such a challenge for me because of the amount of additives that I'm sensitive to, that I had no choice but to try making my own. I was pleasantly surprised to find that making my own crackers was not only easy, but they tasted good too!

And even better, they helped clear up my sluggish digestion issues and assisted in my menopause weight loss progress.

Ingredients

- 1 cup of gluten free flour
- 1 cup of almond meal
- 1/2 cup of sesame seeds
- 1/2 cup of pumpkin seeds
- 1/2 cup of sunflower seeds
- 1/2 cup of finely chopped walnuts
- 1/2 cups of finely chopped roasted unsalted almonds
- 1 heaped tablespoon of chia seeds
- 1 heaped tablespoon of black sesame seeds
- 1 heaped tablespoon of hemp seeds
- 1 heaped tablespoon of flax seeds
- 1 heaped tablespoon of psyllium husks
- 1 level tablespoon of Celtic salt
- Black pepper to taste
- Cold filtered water

Method

Pre-heat oven to 180°C or 350°F. Line two flat baking trays with baking paper. Mix all the dry ingredients together in a large bowl and add enough cold filtered water to make a spreadable paste. Divide the paste mix in half and spread evenly over the two baking trays, making sure to get an even thickness. Bake for 15 minutes. Remove mixture from the oven and slice with a knife to form even segments. (This makes the mixture easier to separate when it's crispy.) Bake for a further 15 - 20 minutes, or until golden brown.