

Crunchy Bagel Flax Crackers

Description

These crackers are very satisfying and tasty. You will love them.

Prep/total time: Five minutes

Servings: 5

Ingredients

- 1 clove of garlic minced
- 1 1/2 cups of water
- 3/4 cup of golden flax seeds
- 1/4 cup of brown flax seeds
- 3 teaspoons of poppy seeds
- 3 teaspoons of sesame seeds
- 3 teaspoons of onion flakes
- 3 teaspoons of garlic flakes
- 3 teaspoons of sea salt

Instructions

1. Pour the garlic and water into a blender and blend until smooth. Pour the mixture over the flax seeds and set aside until it becomes gelatinous, about four hours.
2. Pour the mixture on a Teflon sheet. Combine the spices except sea salt in a bowl and sprinkle the mixture on the crackers. Top with some sea salt.
3. Dehydrate the crackers at 110 degrees F until crispy, about twenty-four hours.