

Vegan Keto Crackers

Description

Healthy and easy to make crackers. It is packed with a lot of nutrients.

Prep time: Twenty minutes

Cook time: Three hours

Total time: Three hours twenty minutes

Servings: 10

Ingredients

- 1 cup of water
- 1 cup of whole flaxseeds
- 3 tablespoons of chia seeds
- 3 teaspoons of hemp hearts
- 3 tablespoons of sunflower seeds
- 3 tablespoons of herbs or spices
- 1/2 teaspoon of sea salt
- 3 tablespoons of toasted sesame seeds (if desired)

Instructions

1. First, preheat the oven to about 200 degrees F, then line a baking tray with some parchment paper. Mix the chia seeds, flaxseeds, and water in a bowl. Combine until well mixed with water. Set aside for about twenty minutes.
2. Add in the rest of the ingredients and combine properly. Spread the mixture onto the lined baking tray. Ensure the mixture is spread thinly on the parchment.
3. Transfer to the oven and bake for about one and half hour, then flip the mixture using a spatula and bake for an additional one and half hours.
4. When ready, turn off the oven and let the crackers stay in the oven for an additional twenty minutes. Remove from the oven and keep aside to cool. Break the crackers into your desired size.