



## *Chia seed cracker*

*(makes 30-35 bite size)*

### Equipment:

Sandwich press

(size: 11in x 7in or 30 cm x 18 cm)

### Ingredients:

¼ cup chia seed

¼ cup sesame seed

(either black or white)

1-3 tablespoons sunflower seed

(up to your taste)

1 clove garlic - ground or chopped finely. (powder is okay, too.)

¼-½ teaspoon salt & pepper –see \*

½ cup water

(Optional)

½ teaspoon of spices & dry herbs

e.g.

Paprika, curry powder, nutmeg, etc.

Oregano, parsley, coriander, etc.



### Directions:

- 1) Mix all seeds, garlic, salt & pepper. If you want to add some other spices & herbs, add now.
- 2) Add water and mix well. Wait for a few minutes until chia seeds soak up the water.
- 3) Spread onto a sandwich press. If it's difficult to spread, add some water onto the mixture. Don't worry, any excess water will evaporate during baking. (See the photo below left.)
- 4) Bake until the cracker gets hard and crunchy. It should be hard enough to hold like the other photo.
- 5) Brake up into bite size with your hands. Be careful, it is very hot.

\* If you make it too salty, eat with some greens, such as cucumber or cabbage. Dips go well with them, too.

