



# SUNFLOWER AND CHIA CRACKERS

## INGREDIENTS

- 1 cup raw sunflower seeds
- 1/2 cup tapioca flour / starch
- ½ teaspoon pink sea salt
- ¼ teaspoon baking powder
- 60ml water
- 1 teaspoon Cumin powder
- 1 tablespoon chia seeds or flax seeds  
(optional)
- Coconut oil

## TOOLS

- Measuring cup
- Rolling pin
- Baking paper
- Food processor
- Baking tray – around 40cm x 30cm

## DIRECTIONS

- 1. Set the oven to 160 degrees and line baking tray with paper.**
- 2. Add sunflower seeds, flour, salt and baking powder to food processor. Mix on a high speed until thoroughly mixed**
- 3. While the processor is running, add the water. The mixture should form a dough very quickly.**
- 4. Remove from processor and place between 2 sheets baking paper – the dough will be sticky so the paper keeps it from getting messy.**
- 5. Roll the dough out until it's about 2 – 5 mm thick.**
- 6. Cut into desired cracker shape – squares or rectangles and place on baking tray.**
- 7. Brush top of crackers with oil. Sprinkle with cumin and seeds.**
- 8. Bake for 20 minutes or until crackers are brown on the edges.**

*Crackers will crisp up and be ready to go once cooled.*

*Serve with your favourite dip!*