

Tweet Treat Crackers



Seeds aren't just for the birds! They can make scrumptious snacking crackers. This recipe uses the magic of chia seeds to bind together different types of seeds, making a highly nutritious, seriously yummy, ever-so-easy to make cracker.

Top with your favourite market veggies, lean meats, cheeses, spreads (like peanut butter, hummus, guacamole or tzatziki), or eat them just as they are for a great snack!

- Ingredients**
- 1/4 cup chia seeds
 - 1/4 cup hemp hearts
 - 1/4 cup raw pumpkin seeds
 - 2 tbsp. sesame seeds (white or black)
 - 2 tbsp. raw sunflower seeds
 - 1/4 tsp. salt
 - 1/2 tsp. thyme
 - 1/2 cup water

Seeds are nutrition powerhouses with all the nutrients needed to grow a baby plant! They are high in unsaturated fat, the healthiest type of fat for your cardiovascular system. This system includes your heart, arteries and veins. It carries blood to all parts of your body. Like nuts, seeds are loaded with protein and fibre, making them a great option for a nut free school snack!



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Market Shopping List

- hemp seeds
- your favourite market toppings like tzatziki, hummus, guacamole, nut butters, lean sandwich meats, etc.

Makes approximately 12-15 crackers



These are chia seeds!

Southwest Edmonton Farmers' Market



Recipe created by Sheri Hendsbee

Directions

Preheat the oven to 300F. Line two cookie sheets with parchment paper.

In a big bowl, stir to combine all the ingredients. Let the mixture sit for 5 minutes, allowing the chia seeds to gel up and work their magic! Stir again.

Wash your hands well. With a tablespoon, scoop a heaping spoonful of the mixture onto your parchment and flatten it by tapping it with a spatula. You want each cracker to be no more than 1/4" thick.

You might want to push and prod the edges of each cracker with your fingers or a spatula to make it a circle shape with smooth edges. Repeat until all the cracker "dough" is used up.

Bake 25 minutes. Remove from the oven. Flip each cracker over with a cookie lifter. Bake for 25 more minutes, until the crackers are firm and a little golden brown around their edges. (If your oven is not convection, this might take longer.)

FUN FACTS

Chia seeds are amazing things! They are hydrophilic, which means they soak up many times their weight in moisture. Then, they work like glue to hold things together. Just like magic!

Sprouting Chefs

Why do we use parchment paper here? It is a terrific kitchen trick that makes clean up a cinch... things just don't stick to it! In this recipe, it lets you more easily lift and flip the crackers without them crumbling or breaking.

Creative Cooks

You can make these crackers two ways: either as circles, as we describe in the recipe, or in large rectangular sheets that you can break off in pieces and munch as you go. If you choose to make them in rectangles, shape them with your hands into 4" x 6" slabs. You'll need to bake them a little longer to dry them out thoroughly. You can also experiment with spices here... try chili powder, paprika, rosemary, or tarragon.