

Keto Seed Crackers

Time: 1 ½ hours

Servings: 30 crackers

Level: Medium

Ingredients:

- o 3 tablespoons pumpkin seeds
- o 2 tablespoons black sesame seeds
- o 2 tablespoons white sesame seeds
- o 2 tablespoons flax seeds
- o 1 tablespoon sunflower seeds
- o 1 tablespoon chia seeds
- o 1 tablespoon arrowroot powder
- o ¼ teaspoon garlic powder
- o ½ teaspoon salt
- o ¾ cup almond flour
- o ¾ cup boiling water

Directions:

- 1) Preheat oven to 325°.
- 2) Put all ingredients in a bowl and whisk together.
- 3) Add boiling water and let seeds bloom and mixture thicken for 30 minutes.
- 4) Line a rimmed baking sheet with parchment paper and spread the mixture on paper. Use a spatula to spread the mixture out thinly.
- 5) Bake for 45 minutes, but watch the last 5 minutes more closely.
- 6) Let sit for 10 minutes and then break up into cracker pieces.
- 7) Store crackers in an airtight container.