SEEDED CRACKERS

- 150g Sunflower seeds – soaked overnight or for 8 hours
- 70g Sesame seeds – soaked overnight or for 8 hours
- 100g Pumpkin seeds – soaked overnight or for 8 hours
- 17.5g Poppy seeds – soaked overnight or for 8 hours
- 100g Linseeds
- 12g Fennel seeds
- 3g Dried rosemary
- 5g Nori seaweed flakes

You will also need 2 tbsp of psyllium husks, 1 tsp of Himalayan pink crystal salt and 500mls of water.

Soak the seed for 8 hours minimum. Drain the mixture and then add the linseeds, rosemary, fennel, seaweed, psyllium husk, sale and water. Stir in well and let mixture swell for approximately 15 minutes, stirring occasionally until it becomes ‘gloopy’.

Spread the mixture out very thinly on baking sheets (2 large approximately 40cm x 27cm), covered with a good quality unbleached brown baking parchment or silicon sheets (if greaseproof is used it tends to stick!).

Score the crackers into desired shape and cook in the oven, no higher than 120c, for approximately 4 hours until the crackers are dry and crisp (a dehydrator can be used). Cooking time may vary and idea is to dry them out rather than cook them which makes then healthier. You may need to open the oven door every ½ hour initially to release any condensation.

Keep in an airtight container and enjoy with mashed avocado, cheese, pate, dips etc.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION