



# Healthy crackers

EXTRA HEALTHY crackers,  
nourishing and quick to make  
with only 5 ingredients !

## Preparation

1. Put 1 cup ground flaxseed in a bowl. I advise you to grind them yourself in a vitamix, a food processor or a mill to have more nutrients.
2. Add ¼ cup of hemp seeds, ¼ cup of black chia seeds, spices of your choice (basil, parsley, Italian herbs, turmeric ...). Mix these dry ingredients with your hands.
3. Add 1 cup of water and mix very quickly, as the mixture quickly takes hold.
4. Spread the mixture (no more than ½ cm thick), on a cookie sheet previously covered with a sheet of parchment paper (very important!).
5. Bake at 350 degrees Fahrenheit for 15 minutes. Remove from oven and cut into squares and return to oven for 20 minutes.
6. You can dip them in hummus, guacamole, salsa or spread with almond butter.