



## Seedy Spelt Crackers

¾ cup unsalted sunflower seeds

¾ cup flaxseeds

1/3 cup sesame seeds

3 tbsp poppy seeds

1 cup freshly ground Spelt flour

1 cup freshly flaked large oats

1 tbsp dried minced onions

1tbsp dried minced garlic

1 ¼ kosher salt

1 cup water

3 tbsp olive oil

- Position racks in top and bottom thirds of oven. Preheat oven to 325 degrees.
- Take out two large cookie sheets. On one sheet place sunflower seeds, flaxseeds, sesame seeds and poppy seeds. Toast until seeds are light golden, about 8 minutes. Put into a bowl.
- Stir in flour, oats, onion, garlic and salt. Gradually stir in water and olive oil. Roll out half of dough mixture between 2 large pieces of parchment to a 12 x 10 inch rectangle. Remove top sheet and slide dough and parchment onto a baking sheet. (Teflon sheets work better)
- Repeat. Bake, rotating and switching halfway through, until browned and crisp
- Recipe adapted from Chatelaine magazine November 2016 issue