

## 1. GF Crispy Seeded Knackebrod, makes 18 2.5" X 3.5" crackers

*This recipe is flexible to more or less seeds or flour. Try adding herbs, pepper, dry grated cheese, or nutritional yeast for a cheesy flavor.*

### INGREDIENTS

- ¾ cup raw sunflower seeds
- ½ cup unhulled sesame seeds
- ½ cup fine cornmeal or garbanzo flour
- ½ cup raw pumpkin seeds
- ¼ cup flaxmeal, dark or golden
- 1 tsp Kosher salt
- 7/8 cup warm water (1 cup minus 2TBS)
- 2 tbsp olive oil

### DIRECTIONS

2. Preheat oven to 375° F. Line a baking sheet, preferably a half-sheet pan 17" x 13', with parchment or silpat liner.
3. Stir dry ingredients together in a mixing bowl. Add water and oil. Stir to combine. The batter will thicken slightly after about a minute (from the flax) to the consistency of pancake batter.
4. Spread very evenly to a scant ¼ inch on prepared pan.
5. Bake 15-20 minutes until top feels evenly dry. Remove pan from oven and cut with a sharp knife or pizza cutter into 18 crackers, or desired number. If using silpat, use a table knife and score carefully to avoid cutting the mat
6. Return to oven and bake an additional 15-20 minutes until crackers are golden brown and crisp. Immediately slide a thin spatula under crackers and remove from paper, or flip over and peel paper off. If center crackers are a little moist, return to oven for a few minutes.
7. Cool crackers completely on a wire rack. Store in paper bag or tin.

### Kitchen Notes:

Pumpkin seed oil is a strong flavor, and is a bit pricey, experiment and adjust the amount to your taste. If you prefer crackers a little thicker, just bake them a little longer.

Created by Rosemary Mark at <http://getcookingssimply.com/really-simple-home-made-crackers/>