



**LOVE**  
**FOOD**  
hate waste  
NEW ZEALAND

**DID YOU KNOW**

You can freeze homemade crackers to make them last longer.

## HOMEMADE SEED CRACKERS

Reduce your plastic waste with these super easy crackers - use any combination of seeds and flours.

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



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## HOMEMADE SEED CRACKERS

**PREP 10 MIN COOK 25 MIN**

### Suggested ingredients

250 grams mixed seeds –  
pumpkin, sunflower, sesame  
or chia  
1-2 tsp flavour seeds –  
cumin, caraway or fennel  
(optional)  
1 cup flour of your choice –  
wheat, spelt, oat, rice – but  
not self raising flour  
½ tsp salt  
3 tbsp olive oil  
½ to 1 cup water

Preheat the oven to 180°C and line an oven tray with a reusable  
baking sheet.

Combine all the ingredients except for the water in a bowl. Add  
in the water slowly and only enough so that you have a thick  
spreadable mixture.

Spread the mixture out on the baking tray as thin as you can.  
Roll out further with a rolling pin if needed.

Use a knife to cut the cracker shapes in the raw dough.

Place the tray in the oven and bake until they are golden brown  
and crispy.

Leave to cool, store in an airtight container for up to 2 weeks.

Recipe courtesy of Elien Lewis  
@home\_grown\_happinessnz

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