



## Sunflower Sesame Crackers

**Active Time:** 20 minutes | **Total Time:** 45 minutes | **Serves:** 12

### Nutrition Information Per Serving

136.9 calories, 5.15 g carbohydrate, 2.42 g fiber, 2.73 g NET carbs, 4.55 g protein, 11.96 g fat

#### Ingredients

- 1/4 cup(s) spring or filtered water
- 1/2 tsp(s) sea salt
- 1 cup raw organic sunflower seeds
- 1 cup raw organic sesame seeds

#### Preparation

1. Preheat oven to 350 degrees F.
2. Add sunflower seeds to a food processor or VitaMix. Process 2-3 minutes to create a "flour";
3. Add the sesame seeds and pulse to combine.
4. Slowly add water, stirring or pulsing until a thick paste forms.
5. Place the paste between two greased pieces unbleached parchment paper. Roll out the paste as thinly as you can. Remove the upper piece of parchment.
6. Lightly score the batter into squares with a sharp knife. Sprinkle with salt.
7. Place the parchment paper on a baking sheet.
8. Bake until golden and crisp, about 20 minutes. Allow to cool before gently breaking into squares as scored.

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