

EB'S CRACKERS RECIPE

20-25 min

150 degrees

Fan Bake setting oven

INGREDIENTS

1/4 cup chia seeds

1 cup water

1 cup seed mix (Kapai Puku)

5 tbsp coconut teriyaki sauce (Niulife)

3 tsp taco seasoning (Screaming Spices)

Pepper

Himalayan salt

METHOD

- Mix together chia seeds and water, and set aside to form a thick gel (5-10min)
- Once the gel has developed combine all ingredients together
- Line 2 baking trays with baking paper
- Spread the mixture onto the baking trays with the back of a dessert spoon, and spread as thinly as possible without creating holes
- Lightly sprinkle with Himalayan salt before putting in the oven
- Bake in the oven for 20-25min
- Once the edges harden remove from the oven and cut into squares
- If the middle pieces are still soft return these pieces to the oven for 3-5min
- Allow to cool and serve topped with avocado, fresh cherry tomatoes, hommus, almond butter or tahini spread.

NOTES

*The edges bake quicker than the middle so spreading into 2 halves allows it to cook more evenly

**Cut immediately after removing from the oven before it sets too hard and crumbles apart