

# Seedy Vegetable Crackers



These crackers are absolutely delicious, and nutritious. They bear little resemblance to boxed commercial crackers. I find that many of the healthier crackers on the market are difficult to digest – perhaps long cooking times cause this. These crackers are made from vegetables and seeds with herbs for seasoning – no flour, no oil, no preservatives. I keep them in a tin or in the freezer to retain crispness. *If you do not have a dehydrator, you could try cooking them on the lowest temperature of your oven. I have not tried this, so you would be experimenting. Of course, they would be ready much more quickly. Serve with nut cheese, sliced avocado and tomato, or your favorite spread.*

2 cups (500 ml) sunflower seeds

1 cup (250 ml) pumpkin seeds

6 cups (1.5 L) water

1 cup (500 ml) flaxseeds

2 cups (1 L) water

1/2 cup (125 ml) ground flaxseeds

6 cups (1.5 L) coarsely chopped vegetables (e.g. butternut squash, carrots, zucchini, peppers, onions, tomatoes, etc.)

1/2 cup (125 ml) fresh parsley, basil, dill or other fresh herbs (optional)

2 Tbsp (30 ml) ginger, grated or 2 cloves garlic, minced (optional)

Pinch of red pepper flakes (optional)

2 Tbsp (30 ml) tamari or 1 tsp (5 ml) salt (optional)

1. Soak sunflower seeds and pumpkin seeds in 6 cups (1.5 L) water for at least 2-4 hours.
2. Soak whole and ground flaxseeds in 2 cups (50 ml) water for at least 30 minutes.
3. In a food processor fitted with an s-blade, process vegetables until chopped into very small pieces. Add herbs, ginger or garlic and pulse until thoroughly blended with other vegetables (should be soupy). Place vegetables in a large bowl.
4. Drain sunflower seeds and pumpkin seeds and add to vegetables. They can be chopped in the food processor first if you prefer, although they are great whole. Stir in whole and ground flaxseeds, red pepper flakes, salt or tamari (if using), and stir well.
5. Divide mixture onto 3 nonstick sheets on dehydrator trays. Spread evenly using a metal spatula or flat rubber spatula.
6. Dehydrate for about 8 hours at 110 degrees, then turn scored crackers, and turn crackers over onto a mesh dehydrator tray and dehydrate for another 12 hours or until dry and crispy.
7. Store in an airtight tin in a cool, dry place or in a freezer.

**Variations:** replace  $\frac{1}{2}$  cup of sunflower seeds with chia seeds, sesame seeds or other seeds. Reserve some of the salt for the top of the crackers instead of adding to the batter.