

Recipe

Sesame Flaxseed Crackers

By

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Ingredients

1 ½ cups whole wheat flour
6 tbsp sunflower seeds,
6 tbsp sesame seeds
3 tbsp flaxseed meal
¼ tsp to ½ tsp salt
2/3 cup water
1 ½ tbsp honey
2 tbsp oil

Preparation

Mix all ingredients in a bowl. Let the dough rest for 20 minutes.
Preheat the oven to 325F. Divide the dough into 2 to 3 balls. Roll the dough flat (about a quarter inch thick) and cut the dough into small pieces in any shape you like.
Place crackers on prepared baking sheets.

Bake for 10 minutes then flip them over and bake for another 10 minutes.
***If you like, sprinkle some sesame seeds and honey on top while they are still warm.

Serves

45+ small pieces

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Hare Rama Hare Rama Rama Rama Hare Hare