



RELISH HEALTH

## **Rosemary Seedy Flax Crackers**

*There is substantial research suggesting that nuts and seeds are part of a heart and brain healthy diet. They are rich in mono- and polyunsaturated fats as well as many minerals. This seedy cracker recipe is a delicious way to embrace seeds as part of a whole food, minimally processed diet.*

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Time: 45 minutes

Serving size: approximately 36 bite size crackers (6 servings)

### **Ingredients:**

1/3 cup whole flax seeds (or 1/2 cup/60 grams flax meal)

1/4 cup raw pumpkin seeds (40 grams)

3 Tablespoons sesame seeds

2 Tablespoons chia seeds

1/4 teaspoon salt

3/4 teaspoon dried rosemary, crushed

1/4 teaspoon garlic powder

1/2 cup filtered water

### **Directions:**

1. Preheat oven to 325 degrees.
2. Add the flax meal to a food processor and pulse several times to create a meal with the texture of sand. Set the flax meal aside. Next add the pumpkin seeds to the processor and pulse again until the seeds are coarsely chopped.
3. Place all ingredients in a small mixing bowl. Stir until the mixture is well combined and the seed mixture starts to gel.
4. Place the dough on a baking pan lined with parchment paper. Using a spatula spread the mixture as thin and evenly as possible, approximately 10x12 inches. Try to make the center of the dough slightly thinner than the edges to help promote even baking.
5. Use a sharp knife or pizza cutter to score the dough into bite size crackers.
6. Bake for 30-35 minutes or until the dough is dry to touch and slightly toasted. If the crackers are still soft break them into individual pieces and toast until crisp.

Calories per 6 crackers 92, Fat 7g, Sodium 70mg, Carbs 5g, Fiber 4g, Sugar 0g, Protein 4g

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