

## OLD JOE'S KAIA COUNTRY HAVEN

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### SEED CRACKERS - SWEET

Crush lightly in a blender :      40 g *linseed*

In a medium size bowl mix the following:

- 40 g *sunflower seed*
- 40 g *pumpkin seed*
- 75 g *sesame seed*
- 40 g *linseed (from the blender)*
- 40 g *chia seed*
- 40 g *citrus peel*
- 40 g *currents (or chopped raisins)*
- 5 ml *cinnamon*
- 2.5 ml *salt*
- 125 ml *apple juice*
- 125 ml *water*

*Allow the mixture to stand until all moisture has been absorbed (30 min).  
Heat the oven to 160 C.*

*Prepare a baking sheet with non-stick spray.*

*Spread the mixture evenly, compacting it slightly as you go.*

*Bake for 20 minutes, take out and make scoring lines or break into pieces to separate.*

*Bake a further 15 minutes, remove crisp pieces and return the rest to the oven for further crisping.*