

# Healthy Wheat-Free Crispy Crackers

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## Wheat-Free Crispy Crackers Recipe

Servings: depending on a size, 12-16    Time: 1 h 30 min    [Download PDF](#)

- 100g sunflower seeds
- 30g flax seeds
- 50g sesame seeds
- 1 Tbsp psyllium husks
- 1 cup water
- 1 tsp cinnamon (*my add – V.G*)
- juice from 1/2 lemon (*my add – V.G.*)
- 1 tsp salt

### Instructions

1. Preheat the oven to 320F (160°C).
  2. In a mixing bowl, combine all the ingredients and leave the mixture to set for 15 minutes.
  3. Spread the mixture out evenly and as thinly as possible on a baking tray (lined with parchment paper) with a spatula so there are no holes in the layer.
  4. Bake for 1 hour 20 min
  5. Crisp up under the broiler for 3 minutes
  6. Remove from the oven and leave to cool.
  7. Once cooled, break the crackers into the size you prefer.
  8. Store in an airtight container; if they become spongy, crisp the up in the oven or toaster for a few minutes
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