

WHOLESOME CRACKERS

for a nice evening

YOU NEED:

- 1 cup of flax seeds
- ¼ cup of **Chia Sea buckthorn Ironberry powder**
- ¼ cup of sunflower seeds
- ¼ cup of unhulled sesame seeds
 - 3 carrots
 - 1 small beetroot
 - 1 celery stick with leaves
 - 4 branches of coriander
- 3 dry tomatoes, soaked in oil
 - 4 cherry tomatoes
 - 1 pinch of cumin
 - 1 pinch of smoked paprika
- 1 pinch of salt or a tablespoon of soy sauce



Grate the carrots, beetroot, celery, coriander, dry tomatoes, cherry tomatoes and **mix**, adding all of the spices.

Put the mixture in a bowl and **add** the dry ingredients.

Again **mix** well and spread the mixture on a tray

Dry the mixture overnight at 45 °C.

ADVICE

You can use the oven instead of a dehydrator. The suggested thickness of the crackers is ½ cm. Add a sauce of your choice.

