



## Donna's delicious crackers

Too easy! And cost-effective too for anyone who is missing the crunch on a LCHF approach.

**Serves: 16, Prep time: 00:05, Cook time: 00:45**

### Instructions

Preheat oven to 150 degrees Celcius. Line a baking tray with non-stick baking paper

Mix all the ingredients together until well blended and the mixture is almost dough-like.

Flatten mixture out on the tray into a large square, thin but not too thin (approx 5mm thick).

Put in oven for 45 minutes until done.

Leave to cook and break into around 16 pieces.

### Ingredients

- 0.25 cups Chia seeds
- 0.25 cups Sesame seeds
- 0.25 cups Pumpkin seeds
- 0.25 cups Sunflower seeds
- 0.25 cups Coconut oil, melted
- 1 teaspoon Salt, Himalayan
- 1 cups Hot water