**Gluten Free Crackers**

**4-5 servings
5-10 min. prep time**

**15-20 min. cook time**

* 1 cup gluten free oats
* 1 cup filtered H2O
* ¾ cup pumpkin seeds
* ½ cup sunflower seeds
* ½ cup chia seeds
* ½ cup flax seed
* ½ cup sesame seeds

**savory optional additions:**

* 1-2 sheets of Nori or 1 tsp chlorella and/or spirulina powder
* ½ tbsp chipotle or cajun spice
* 2 tsp turmeric
* 1-2 tsp cayenne
* 1 tsp chili flakes
* pinch himalayan pink salt
* pinch of black pepper

**sweet optional additions:**

* 1 tsp cinnamon
* ¼ tsp maca root powder
* ¼ tsp nutmeg
1. Preheat the oven to 350 degrees F.
2. Grind the GF oats, flax and chia seeds into a fine powder.
3. Mix all ingredients together in a large pyrex bowl making sure everything is evenly combined.
4. Add in sweet or savory flavors here if any desired and allow to sit for 5 minutes.
5. Once the ingredients have coagulated, split the dough into two proportionate balls.
6. For each half, use a roller or spatula to spread the dough onto parchment paper or use a pyrex container. If you use a pyrex container lightly oil the bottom so the crackers don’t stick.
7. Once both doughs have been spread evenly to your choice of thick or thinness, cut the crackers into the desired shape and size.
8. Cook for 10-20 minutes. This all depends on the girth of the crackers. Check on them in the first 5 minutes. Rotate to avoid burning and for a consistent cook.
9. Once they reach a golden brown on the sides remove and allow to finish cooking as they cool down. Enjoy!

*Tips:*

* Not all crackers are created equal! Each batch comes out a little different than the other depending on ingredients. Use your best judgement, start with less water than more in case it comes out too liquidy.
* If you do experience too much of a liquid texture simply add more ground GF oats, or add water if it is too floury.