



Seed Crackers

Serves 4

Ingredients:

- 400g plain flour
- 2tsp light brown sugar
- 3tbsp olive oil
- 225ml water
- 1tsp salt
- herbs/spices of choice (thyme, oregano, marjoram, cumin, coriander)
- seeds of choice (sesame, linseeds, flaxseeds)

Method:

1. Heat the oven to 180°C
2. In a bowl combine flour, sugar, salt and herbs/spices
3. In a separate bowl mix oil with water
4. Make a well in the centre of the flour mixture and slowly add water
5. Mix into a rough dough
6. Put onto a floured surface and knead until smooth
7. Cut in half and roll out each on the baking paper, thinly
8. Cut into desirable shapes
9. Brush lightly with water and sprinkle with seeds
10. Bake for 12-15 minutes

