

Lela's Gluten - Free Seed Crackers - basic recipe

Soak in 2 qt. container

flax seed (1 bag)

pumpkin seeds

sunflower seeds

(chia - optional -- super nutritious) *Chia: rediscovering a forgotten crop of the Aztec*

Ricardo Ayerza & Wayne Coates University of Arizona Press

<http://books.google.com/books?id=jlZhQgAACAAJ>

Add salt and other seasonings **after** the seeds are soaked, sprouted and prepared. I didn't use any oil, as is included in some other more complex recipes.

Total amount of seeds should fill container 2/3 - 3/4 full -- leave room for water for the seeds to soak up so they begin to sprout.

<http://www.ranprieur.com/misc/crackers.html> has a great description of the soaking procedure. This blogger and I have gone through the same process of reinventing the raw cracker wheel.

Flax seeds are hard to sprout without special equipment, because when you get them wet they form a slimy mass that doesn't let air in. So wait to soak them.

Sunflower seeds and pumpkin seeds have roughly similar soaking/sprouting requirements. You may not see sprouts but the seeds will come to life more if you let them sit a day than if you just go straight from soaking to grinding.

Soak the nuts and seeds in the big jar for 10-12 hours. You might want to change the water once because the sunflower seeds will darken it. To drain the water, a wire mesh strainer is ideal.

After draining, let them sit in the jar for another 18-24 hours. If you're not ready after 24 hours, you can put them in the refrigerator for another 12-24 hours. It's good to rinse them a few times. Here's a good general page on [sprouting](#). When you get ready to put it all together, soak the flax seeds in just enough water to cover them.

Lela again: I took half of the soaked seed mixture, including flax seeds, and ground them up (food processor or blender). This mashed the softer sunflower and pumpkin seeds, but the flax seeds didn't grind up. I then mixed the blended part back in with the whole seeds, added high quality salt to taste and dried the crackers in my Excalibur dehydrator.

Drying: start with seed slurry spread out on parchment or wax paper on cookie sheets in the convection oven or for dehydrators, on non-stick drying sheets like **ParaFlexx™ Premium Non Stick Drying Sheets 14** or **ParaFlexx Premium™ Non-Stick Drying Sheets-size 11" X 11" each** Get the size that fits your dehydrator's trays.

Once the top is dry enough, flip the cracker sheets over to dry the bottom. When both the top and bottom surfaces are dried, and the middle is no longer soggy, you can score the cracker sheets with a pizza cutter or break them up so the middle can dry faster.

Note: **drink extra water** and serve with dip, soup, and veggies. Dehydrated crackers will soak up moisture from your digestive tract, even as they add demulcent, soothing hydrophilic colloids, (the watery, gelatinous, glue-like substance that makes flax and chia seeds so slippery.)