

Seed and Chia Crackers

Ingredients

100 g chia seeds

150 g mixed seeds (for example a salad seed mix)

Instructions

Preheat the oven to 200°C.

Mix all ingredients together and leave the mixture for 10–15 minutes so the seeds can soak up the water.

Give everything a good stir, then divide the mixture between baking trays and spread it thinly. The ideal thickness is about 2–3 mm. If it is too thin, the crackers will be very fragile; if it is too thick, they will be more like a seed cookie than a cracker and may stay soft.

Bake for 30 minutes, or until golden brown and crisp.

If they do not feel crisp after 30 minutes, return them to the oven for another 5–10 minutes.

Remove from the oven, allow them to cool, then break into irregular shards. Store in an airtight container.

Hummus- to use as a topping for the crackers, or with vegetables or a quinoa bowl

Ingredients and method- combine all the following ingredients and blend until smooth

1 can of chickpeas (it is important that they are canned or in a glass jar; otherwise it is difficult to get chickpeas soft enough, which will affect the texture of the hummus)

3 cloves of garlic (or less or more, depending on how much you like the taste of garlic)

3 tablespoons of oil

170 g Alpro natural yogurt (this gives the hummus a smooth texture), or a vegan alternative.

2 teaspoons of tahini, ½ teaspoon of cumin

A bit of lemon juice or lemon pepper.

Salt and pepper