



Ballybrado Emmer Multi-Seed Crackers

Ingredients

240g Ballybrado Organic Whole Emmer Flour

300ml tepid water

330g mixed seeds, for e.g.:

100g sunflower seeds

90g sesame seeds

60g flax seeds/linseeds

60g pumpkin seeds

20g poppy/chia seeds

60g oil

10g salt

Method

1. Preheat oven to 150 °C (fan).
2. Place all the ingredients together in a bowl and mix with a spoon into a homogeneous mixture. Do not knead!
3. Transfer the mixture onto two baking trays lined with baking paper and spread evenly, as thinly as possible, using a dough scraper or spoon.
4. Place both trays in the preheated oven and bake for about 15 minutes.
5. Remove the trays from the oven and cut the dough into small rectangles using the dough scraper or a knife.
6. Place both trays back in the preheated oven and bake for about 55 minutes.



TIP

You can season the crackers as you like best e. g. smoked coarse sea salt, paprika, rosemary, or sprinkled with cheese about 20 minutes before the end of the baking time.