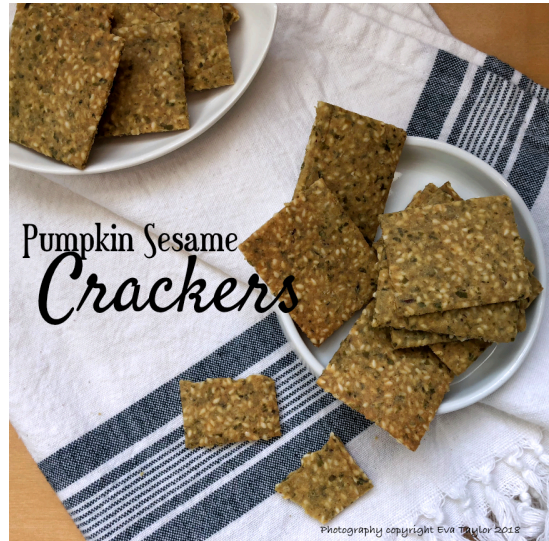


Pumpkin Sesame Crackers

Makes about 30 crackers

Ingredients:

- 100 g ground pumpkin seeds
- 60 g sesame seeds
- 10 g coconut flour
- 5 g sea salt
- 1 egg
- 2 tsp sesame oil



Directions:

1. Pre-heat the oven to 350° F.
2. Combine the dry ingredients and mix well.
3. Combine the wet ingredients and whisk lightly until well combined.
4. Pour the wet ingredients into the dry and stir until evenly mixed. Create a ball with the dough and press flat with the palms of your hands.
5. Between two sheets of parchment paper, roll the dough until it is very thin (the best ones are only as thick as a sesame seed!). Using a ruler, cut into squares, rectangles or whatever shape you desire (I find straight-edged shapes easiest). Discard the top parchment.
6. Place the parchment with the cut crackers on a baking sheet and bake for 10-14 minutes or until crisp. Allow to cool for a couple of minutes, then break apart using the cut lines.
7. Serve with soup or dip.

Notes:

- Use whatever nut flour or seed flour you desire.
- You may add flavourings but the sesame is fairly strong so you may wish to use a different oil.
- I have used both toasted sesame seeds and untoasted, both are very good.
- I find I usually have to remove the edge crackers earlier from the baking sheet and return the rest to bake a bit longer, continue to do so until the desired golden colour is achieved.