

Crispy Seeded Knackebrod, makes 18 2 ½ X 3 ½ inch crackers

The recipe is flexible to more or less seeds or flour. Try adding herbs, pepper, dry grated cheese, or nutritional yeast for a cheesy flavor.

INGREDIENTS

¾ cup	raw pumpkin seeds
¾ cup	raw sunflower seeds
2/3 cup	rye or whole wheat flour
1/2 cup	flaxseed meal
2 tbsp	sesame and/or poppy seeds
1 tsp	Kosher salt
1 cup	water
2 tbsp	olive, or 1T pumpkin seed oil* and 1T olive oil (see note)

DIRECTIONS

Preheat oven to 375°F. Line a baking sheet, preferably a half-sheet pan 17×13-inch, with parchment or a silpat liner.

Stir dry ingredients together in a mixing bowl. Add water and oil; stir to combine. The batter will thicken slightly after about a minute (from the flax), to about the consistency of pancake batter.

Spread very evenly to a scant 1/4-inch on prepared pan.

Bake 15-20 minutes until top feels evenly dry. Remove pan from oven and cut with a sharp knife or pizza cutter into 18 crackers, or desired number. If using silpat, use a table knife and score carefully to avoid cutting the mat.

Return to oven and bake an additional 15-20 minutes until crackers are golden brown and crisp. Immediately slide a thin spatula under crackers and remove from paper, or flip over and peel paper off. If center crackers are a little moist, return them to oven for a few minutes. Cool crackers completely on a wire rack. Store in paper bag or tin.

Kitchen Notes:

Pumpkin seed oil is a strong flavor, and is a bit pricey; experiment and adjust the amount to your taste.

If you spread the cracker batter thicker, just bake them a little longer.