



Life Changing Crackers

Crispbread crackers with power plus nutrition

Dry Ingredients:

- 1/2 cup sunflower seeds
- 1/4 cup ground flax seeds
- 4 Tablespoons pumpkin seeds
- 2 Tablespoons sesame seeds
- 3/4 cup quick or old-fashioned oats
- 1 Tablespoon chia seeds
- 1-1/2 Tablespoons psyllium husk powder
- 3/4 teaspoon fine grain sea salt

Fresh Rosemary Seasoning:

- 1 to 2 Tablespoons chopped fresh rosemary
- 1/2 teaspoon garlic powder
- Smoked ground black pepper, to taste

Liquid Ingredients:

- 1/2 Tablespoon maple syrup
- 1-1/2 Tablespoons olive oil or melted coconut oil
- 1/2 cup and 2 Tablespoons water, divided; as needed

In a large bowl mix all dry ingredients together. Stir in rosemary, garlic powder, and smoked ground pepper.

Whisk maple syrup, oil, and 1/2 cup water together in a measuring cup.; mix into dry ingredients until everything is completely soaked and mixture looks well mixed. If dry. add remaining water as needed to make dough.

Use 2 insulated cookie sheets and 4 pieces parchment paper cut to cookie sheet size. Set aside.

Rolling Out Dough: Divide dough into two balls. Flatten first ball between two sheets of parchment paper pressing flat using hand pressure for easier rolling. Using a rolling pin, firmly roll out ball of dough into an 1/8-inch-thick sheet. It is important to make it as thin as possible. If dough separates, patch it back together. Slide dough with both sheets of parchment paper onto insulated cookie sheet; set on counter to rest and dry overnight. Repeat process with second ball of dough.

Baking Crackers: Preheat oven to 325 degrees F.

Remove top layer of parchment paper and leave dough as one piece if you want to break into brittle-like crackers or using the tip of a knife, score dough into squares, triangles or any shape you like.

Preheat oven to 325 degrees F. Remove the top piece of parchment from the dough. Bake in preheated oven for 25 to 30 minutes or rich brown color. For crisp crackers, they should be very brown. Remove from oven; let cool until can be handled; remove from parchment paper; then break into irregular size cracker pieces or into your desired shapes. Bake the second sheet of dough following the above steps.

If part of the cookies are not brown: Remove the crisp parts and return to 325 degree oven until darker brown. You can also flip them over and bake the other side. Set aside to cool.

Store in airtight container for up to 3 weeks. They will not last that long.

Recipe by:

<https://www.mynewroots.org/site/2014/07/the-life-changing-crackers/>

Notes about Recipe:

Some things happen just by chance and this is one of them. Trying to find some snacks to take on an airplane trip resulted in the creator of these crackers to combine all the healthiest ingredients together. The result was a go-to crispbread, crunchy, flaky, seedy, and so tasty. It was a Life Changing Cracker.

The Life-Changing Crackers are made with whole grain oats (choose gluten-free if necessary), and seeds. They are high in protein and high in fiber. They are completely vegan and easy to make.

Cook's Note: I halved the ingredients on the original recipe and baked them in two smaller sizes since I couldn't fit all the dough on one cookie sheet once I rolled them out as thin as possible because we like them crispy. I also had to bake these at a lower temperature than the original recipe as they burned if using a higher temperature. We love the rosemary seasoning, but you can add any type of savory or sweet seasonings you enjoy. We like to break our cracker snacks into irregular shaped pieces.

About the Recipe: I have already made this recipe five times. It is filled with the healthiest ingredients and easy to make. No wonder it will change your life. The only hard part is rolling it out thin enough to make crispy crackers. The flavor is addictive, and they are a great take-along. Enjoy some healthy snacking!