



Seedy crackers

20'

Hands on

15'

Cook Time

15

Portion(s)

2

Difficulty



Method

- In a [frying pan](#) over medium-high heat, toast the hemp seeds along with the sesame seeds.
- When the hemp seeds start “jumping up” in the frying pan, cover with a lid and remove from the heat.
- Preheat the oven to 180° C (350° F) set to fan.
- In a food processor, beat the quinoa in two batches until it is powdered, and then transfer it into a [bowl](#). Do not worry if it doesn't turn into a fine powder.
- Beat the almonds in the food processor too, until they are powdered, and add them to the bowl with the quinoa.
- Then, add the toasted hemp and sesame seeds into the bowl, along with the cardamom, cumin, lemon zest, and salt.
- Add the olive oil, the eggs, and mix until the ingredients are homogenized.
- Place a piece of parchment paper onto your working surface. Add the dough on top of it, and cover with a second piece of parchment paper.
- With a rolling pin, roll out the dough into a 20x30 cm rectangle.
- Cut into 3 cm square pieces.
- Drizzle with a little water and sprinkle with the poppy seeds.
- Transfer the parchment paper along with the square pieces to a [baking sheet](#).
- Bake for 12-15 minutes until they are golden.
- Remove the baking sheet from the oven and set the crackers onto a [rack](#) to cool completely.

Ingredients

- 30 g hemp seeds
- 30 g sesame seeds
- 110 g quinoa
- 50 g slivered almonds
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cumin
- zest of ½ lemon
- salt
- 1 tablespoon olive oil
- 3 medium eggs
- 3 teaspoons poppy seeds

Διατροφικός πίνακας

Nutrition information per portion

93 Calories (kcal)	6.5 Total Fat (g)	0.9 Saturated Fat (g)	4.3 Total Carbs (g)
5%	9%	5%	2%
0.6 Sugars (g)	3.6 Protein (g)	1.5 Fibre (g)	0.13 Sodium (g)
1%	7%	6%	2%