

Spiced Tomato Flax Crackers

(Barbaraw and Rawxanne's recipe – tweaked by Evelyn)

2 C flax seeds (brown and/or golden) soaked overnight in 4 cups of filtered water
2 C seeds total (any one or combination of: sunflower, pumpkin, sesame, hemp seeds) –
soaked overnight, then rinsed
1/2 onion
1 cup of sun dried tomatoes
4 large garlic cloves
2 t poultry seasoning (or favourite seasoning of your own choosing)
2 large basil leaves (or parsley)
2 T Tamari or Nama Shoyu – I use Braggs
½ t of sea salt

Using filtered water:

Soak flax seeds overnight (they will double in size),

Soak seeds overnight,

Soak tomatoes and onions overnight or for 4 hours.

Save the soaking water- you may need it for blending.

Then blend in a food processor; the onions, tomatoes, herbs, and all seasonings.

In a large bowl, add the mixture to the flax seeds that have been soaking along with the strained and rinsed seeds. Use your spatula to spread evenly the mixture on a teflex sheet (3 cups per 14"x 14" tray works well). With a rubber spatula score the crackers to your preference.

Dehydrate at 110-115 degrees for 6 hours, then flip over to dehydrate for another 6-8 hours. These crackers will last several weeks if you keep them in a sealed container.

Note: If you do not have a dehydrator, use the lowest setting on the oven