

# Low Carb Crispbread | Gluten-Free, Nut-Free, Keto-Friendly

*Swick*

Makes 20 crackers s | Active Time: 15 minutes | Total Time: 1 hour 15 minutes

## Step 1: Gathering Your Mise en Place

- 1 cup raw sesame seeds
- 1 cup raw sunflower seeds
- 1 cup whole flaxseeds\*
- 1/2 cup hulled hemp seeds
- 3 tbsp psyllium husk powder
- 1 tsp garlic granules
- 1 tsp onion granules
- 2 tbsp nutritional yeast
- 1 tsp sea salt
- 1 tsp baking powder
- 2 cups water

To start, preheat the oven to 350°F (175°C) and line a baking tray with parchment paper (or a non-stick silicone sheet).

Next, gather all of your mise en place.

## Step 2: Making the Crispbreads

To make the crispbreads, add the seeds, psyllium husk powder, garlic and onion powder, nutritional yeast, salt, and baking powder to a food processor (or blender), and pulse until the mixture resembles coarse sand. Do not over blend, otherwise, the mixture will begin to bind together like a nut butter.

Next, add the water and pulse until a uniform dough forms.

Once done, let the mixture rest for approximately 10 minutes. This will give it time to thicken and become more dough-like.

## Step 3: Baking the Crispbreads

To bake the crispbreads, place the dough onto the reserved baking tray and evenly spread the dough out until it is approximately a 1/4" thick all around.

Bake the mixture for 60 to 75 minutes, or until the mixture is firm to the touch. Check the mixture from time-to-time to ensure the edges are not burning.

Once done, remove from the oven and immediately score the mixture into equal-sized pieces (you can really just them into any size and/or shape that you like). Just be careful as the mixture will still be hot.

Once the mixture has fully cooled, cut, or break the pieces apart along the score lines.