



# Seeded crackers

Recipe from Jess Tercier, Melville Senior High School Canteen, published 2023

**Traffic light category: Green Serves: 95 (Approximately 10g each)**

## Ingredients

- 1 cup sunflower seeds
- ½ cup linseeds
- ½ sesame seeds
- 4 tablespoons chia seeds
- 1 cup plain flour
- 1 cup wholemeal flour
- 1 cup water
- 160ml olive oil

## Method

1. Preheat oven to 180°C
2. Place seeds and flour in bowl, stir to combine
3. Add water and oil, mix to form a dough
4. Divide dough into four balls, roll each ball between two sheets of greaseproof paper to approximately 3mm thick
5. Transfer to a baking tray, remove top sheet of paper, use a knife to score the dough slightly
6. Bake for 15 - 20 minutes or until golden
7. Allow to cool on wire racks, break into pieces to serve
8. Store in airtight container for up to 2 weeks or freeze.



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