

ENJOYABLE ENDURANCE CRACKERS

Ingredients:

- 1/2 cup chia seeds
- 1/2 cup sunflower seeds
- 1/2 cup pepita seeds (or pumpkin seeds)
- 1/2 cup sesame seeds
- 1 cup (250 mL) water
- 1 large garlic clove, finely grated on a Microplane
- 1/4 teaspoon fine sea salt, plus more for sprinkling

Directions:

- 1 Preheat the oven to 300°F (150°C). Line a large baking sheet with parchment paper.

- 2 In a large bowl, combine the chia seeds, sunflower seeds, pepita seeds, and sesame seeds.
- 3 Add the water, garlic, and salt. Stir with a spatula until combined. Allow the mixture to sit for a couple of minutes until the chia seeds absorb the water. After the 2-minute rest, when you stir the mixture, you shouldn't see a pool of water on the bottom of the bowl.
- 4 With the spatula (and a hand, if necessary), spread the mixture onto the prepared baking sheet in two small rectangles, about 12x7 inches each and 1/8 to 1/4 inch thick. Sprinkle additional salt on top.
- 5 Bake for 35 minutes. Remove from the oven and carefully flip each rectangle with a spatula. Bake for

25 to 35 minutes more, until lightly golden around the edges. Watch closely near the end to make sure they don't burn. Let cool for 10 to 15 minutes on the pan and then break the rectangles into crackers and let cool completely on the pan. Store in an airtight container or jar on the counter for up to 2 weeks. You can also freeze the crackers in freezer bags for up to 1 month.

Nutrition Information

Tips:

* If the crackers soften while storing (this can happen in humid environments), toast them in the oven on a baking sheet at 300°F (150°C) for 5 to 7 minutes. After cooling, this should return them to their former crispness!