

Nori & Seed Crackers

10 SERVINGS 1 HOUR



INGREDIENTS

4 Nori Sheets (raw or roasted, crushed)
1/4 cup Pumpkin Seeds (raw)
1/4 cup Sunflower Seeds (raw)
2 tbsps Whole Flax Seeds
2 tbsps Chia Seeds
1/4 cup Sesame Seeds
1/4 cup Maple Syrup

DIRECTIONS

- 01 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 02 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 03 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	100	Carbs	9g
Fat	6g	Protein	3g