

## *Mixed Seed Crisps*

EDIBLE ENERGY

### Ingredients

3 sesame seeds  
½ cup flax seed  
1/2 cup plus 2 tablespoons pumpkin seeds  
1/2 cup plus 1 tablespoon sunflower seeds  
1/2 cup cornstarch  
½ teaspoon salt  
3 tablespoons neutral cooking oil  
¾ cup plus 1 tablespoon warm/hot water  
Sea salt flakes, for sprinkling (optional)



- Preheat oven to 300°
- Mix all of the dry ingredients together in a bowl, then add the oil and water
- Stir well, then leave to swell for 10 minutes
- Line a baking sheet with parchment paper
- Spread the batter out on the lined baking sheet - mixture should cover the whole baking sheet
- Bake for 1 ½ hrs
- Place crisp on a cooling rack
- Break into pieces and serve

Calories: 204/serving

Yield: 10 servings