



Plantain banana cracker

(makes about 30 bite size)

Equipment: mini chopper or blender
and Sandwich press
(size: 11in x 7in or 30 cm x 18 cm)

Ingredients:

1 medium green plantain banana
1.5 tablespoon chia seed
1.5 tablespoon sesame seed
(either black and/or white)
1 tablespoon sunflower seed
1 cup water
Salt and pepper to taste
Some oil to fry
(Optional)
½ teaspoon of spices & dry herbs
e.g.
Paprika, curry powder, nutmeg, etc.
Oregano, parsley, coriander, etc.



Directions:

- 1) Peel the banana, cut roughly and mash it in a mini chopper or blender.
- 2) Mix the mashed banana and the rest of ingredients well.
- 3) Drizzle some oil on a sandwich press and spread 2) with a mini spatula .
(See the photo below left.)
- 4) Bake until the cracker gets hard and crunchy. It should be hard enough to hold like the other photo.
- 5) Brake up into bite size with your hands. Be careful, it is very hot.
- 6) Serve with dips or eat as they are.

