



## *Seedy Teff cracker* *(makes 30-35 bite size)*

Equipment:  
Sandwich press  
(size: 11in x 7in or 30 cm x 18 cm)

Ingredients:  
2 tablespoons Chia seed  
2 tablespoons sesame seed (either black or white)  
2 tablespoons Teff flour  
(I used brown but ivory should work okay)  
1 tablespoon sunflower seed  
1 tablespoon cassava flour  
 $\frac{3}{4}$  cup water  
 $\frac{1}{2}$  teaspoon your choice of spices & dry herbs  
(e.g. salt, black pepper, paprika, curry powder, nutmeg, oregano, parsley, coriander, etc.)



Directions:

- 1) Mix all seeds, flour and spices.
- 2) Add water and mix well.  
Wait for a few minutes until chia seeds soak up the water.
- 3) Spread onto a sandwich press.  
If it's difficult to spread, add some water onto the mixture. Don't worry, any excess water will evaporate during baking. (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) Break up into bite size with your hands. Be careful, it is very hot.

\* The directions are basically same as chia seed cracker. This cracker is good for someone who can't deal with too much chia seeds. (=too much fibre)