

## Seed Crackers

½ cup sunflower seeds

½ cup pumpkin seeds

1/3 cup sesame seeds

½ cup chia seeds

1/2 cup flaxseeds

½ teaspoon salt

1 teaspoon dried garlic

¾ cup warm water

Nonstick cooking spray

In large mixing bowl, stir in dry ingredients and then add water. Let mixture sit 20 minutes to let thicken.

Preheat oven to 275°F. Spray baking pan with nonstick cooking spray. Spread the mixture evenly over the baking pan, to ¼ inch height. Then use a knife to score the crackers into shapes. Bake for 70-90 minutes, or until tops are golden brown. Cool to room temperature and then remove from pan.

*Best for the Follicular/Luteal Phase*

*Enjoy throughout for seed cycling*

