

Makes 2 12"x18" pans of crisps

INGREDIENTS

1½ cup (375ml) **Eatmore Sprouts Broccoli Sprouts** (approx. 15 packages)

1 cup (250ml) sunflower seeds

½ (125ml) cup flax seeds

½ cup (80ml) pumpkin seeds

¼ (60ml) cup sesame seeds

1 cup (250ml) rolled oats

½ cup (125ml) flour

4 tbsp. (60ml) flax meal

1½ tsp. (75ml) fine grain sea salt

1 tbsp. (15ml) maple syrup

3 tbsp. (45ml) melted coconut oil or ghee

¾ cup (180ml) water

Flax & Broccoli Sprout Crisps

vegetarian

- Combine and stir **Broccoli Sprouts** and all dry ingredients in a large bowl.
- Whisk maple syrup, oil and water together in a small bowl.
- Mix the wet ingredients with dry ingredients until soaked and dough is very thick. If too thick to stir, add one or two teaspoons (5-10ml) of water.
- Divide dough in half, and set one half aside.
- Place dough between two sheets of parchment paper. Roll out thinly with rolling pin.
- Remove top layer of baking paper, score dough into any shape with knife tip.
- Repeat with other half of dough.
- Let sit out on the counter for at least 2 hours, or all day or overnight.
- Preheat oven to 325F (163C).
- Put dough onto a cookie sheet and bake for 20 minutes.
- Remove from oven, flip whole cracker over and peel the baking paper off the back.
- Bake for another 10 minutes, until fully dry, crisp, and golden around the edges.
- Let cool completely, break crackers along their scored lines, store in an airtight container for up to 3 weeks.

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

