

## 5 Seed Crackers

- 1 C Light Colored Flax Seeds
- 1 C Dark Colored Flax Seeds
- 1 C Hulled Sesame Seeds
- 1 C Hulled Sunflower Seeds
- 3 T Caraway Seeds (optional - hard to find)
- 1/3 C Dried Parsley Flakes
- 2 T Dried Dill or Basil Flakes
- 2 T Namu Shoyu
- 1/4 C Braggs Aminos
- 6 T Lemon Juice (About 2 lemons worth)

Mix all of the above with about 3 1/2 Cups of Distilled or Purified Water

Soak for approx 4 hours

Spread about 2 Cups of the mixture on each of 4 Dehydrator Trays lined with solid Paraflex Sheets. Use a flat spatula to spread the mixture evenly about 1/4 inch thick to the edges of the tray.

Dehydrate for about 5 hours at 105 degrees.

Flip the solid sheet over and peel it off the back of the cracker, onto a mesh screen for the rest of the drying process. Score into 16 smaller crackers.

Dehydrate until very dry and crisp, about 24 hours from starting the process.

The larger crackers will break into smaller pieces easily where you have previously scored them.

Store in tightly sealed container or ziplock baggies. Will keep a long time.

Enjoy!