

# NORI CRUNCHIES

1 cup flax seeds

¼ cup raw hulled sesame seeds

1 Tb dulse or kelp flakes, or nori pieces

Pinch of garlic powder and dried ginger

½ cup water

2 Tb Nama Shoyu

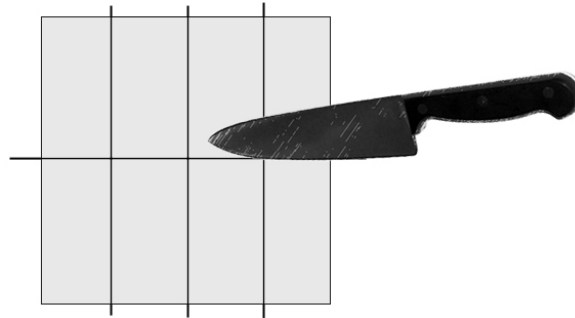
1 Tb honey or agave syrup

Nori sheets, raw untoasted



Stir together the flax and sesame seeds, seaweed flakes, garlic and ginger. In a separate bowl, whisk together the water, Nama Shoyu and sweetener. Combine and allow to soak for 30 minutes.

With a sharp knife, cut about 3 large nori sheets into 8 pieces each, as shown below. With a pastry brush or your finger, wet each piece of nori thoroughly. Place a small teaspoonful of flax mixture on a nori piece, and wrap. With the seam side down, flatten each piece to about ¼ inch thick. Dehydrate at 110° in a dehydrator or warm oven for 3-4 hours or until crisp.



From the book,  
*Raw Foods for Busy People 2: Green Magic!*,  
by Jordan Maerin