

# Happy Krackers

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## Ingredients

1 cup very hot water  
1 cup golden flax seeds  
1 teaspoons Seasoning Salt  
1 Tablespoon Chia Seeds  
1 Tablespoon Sesame Seeds  
1 Tablespoon sunflower seeds

## Instructions

- Stir all ingredients together in a small bowl.
- Let sit for about 5 min and give it another stir.
- Place on stone or prepared cookie sheet. Flatten to edges with spatula.
- Score into Krackers.
- Bake at 200° F for 7-8 hours or until crisp and dry. If you have a convection ovenbake at 200° for 4 hours.



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4.9 ★★★★★  
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