

Crispy Multiseed Keto Crackers

Hands-on 10 minutes Overall 1 hour

Nutritional values (per cracker): Total carbs: 2.7 g, Fiber: 1.9 g, **Net carbs: 0.8 g,**

Protein: 2.2 g, Fat: 4.7 g, Calories: 58 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 24 crackers)

1/3 cup [sunflower seeds](#) (47 g/ 1.6 oz)

1/3 cup [sesame seeds](#) (48 g/ 1.7 oz)

1/3 cup whole [flaxseeds](#) (56 g/ 2 oz)

1/4 cup whole [chia seeds](#) (38 g/ 1.3 oz)

1/3 cup [pumpkin seeds](#) (43 g/ 1.5 oz)

2 tbsp poppy seeds (18 g/ 0.6 oz)

1 tsp onion powder *or* garlic powder

1 tsp [coarse black pepper](#)

1 tsp sea salt

1 cup water (240 ml/ 8 fl oz)

8. Store for up to 2 weeks at room temperature in an airtight container.

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Instructions

1. Preheat the oven to 180 °C/ 360 °F (fan assisted). Place all the ingredients, except the water, in a bowl. Combine well.
2. Place about 1/2 cup of the mixture into a food processor and process until finely ground, scraping down the sides of the food processor as needed.
3. Return the ground seed mixture to the bowl, mix again, and add the water. Mix with a spoon until well combined, then let the mixture sit for 5 to 10 minutes.
4. Place a silicone mat or a piece of heavy-duty parchment paper in a 10 x 14-inch (25 x 35 cm) baking sheet.
5. Transfer the dough to the tray and spread with a rubber spatula, shaping it into the rectangular shape of the silicone mat, until it is about 1/8 inch (3 mm) thick.
6. Use a pizza cutter to cut it into a total of 24 crackers (6 rows by 4 columns). Bake for 40 - 45 minutes, or until crispy and golden brown.
7. When done, remove from the oven, and cut through the pre-cut crackers. Let them cool down and crisp up on a cooling rack for 20 - 30 minutes before serving.