

VEGAN CRISPY CRACKERS

For one tray. Are you a crispy mouse too? These vegan crispy crackers are simply delicious. On Instagram and Tik Tok my [video](#) went viral in October 2024 and there was so much great feedback. These healthy vegan crispy crackers are perfect on any breakfast buffet, for a cosy evening and as finger food for any party. You'll love this quick recipe and so will your guests. Make sure you try this simple recipe.

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150 g linseed
100 g pumpkin seeds*,
100 g sunflower*
Add 100 g sesame seeds*
rapeseed oil
salt

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Preheat the oven to 200°C. Soak the linseed in 250 ml boiling water, this is your base that holds everything together.

Add the pumpkin seeds, sunflower seeds and sesame seeds with a pinch of salt and mix together. sprinkle a pinch of salt on a greased sheet of greaseproof paper, spread your cracker dough on top and flatten with wet hands or a spatula so that you have a very thin layer. Brush the dough very thinly with oil and lightly salt.

Place in the oven at 200 degrees for 25 minutes and bake.

Turn the tray 180 degrees if the oven is not browning evenly and leave the oven door open briefly to cool the temperature down to 170 degrees and bake for a further 10 minutes.

Either place the crackers on a cooling rack or cut predetermined breaking points with a pizza cutter while still on the baking tray and pull onto a cooling rack with the baking paper and leave to cool.