Thank you all SO much for tuning into Dr. Radio last week. I think we have some new friends around here thanks to that show so I wanted to formally take a minute to say hello and to welcome you to the club. I’m so glad you’re here. This is a space where I love to share what makes me happy and healthfully fulfilled with you. I love sharing recipes that fill my home with comfort and tips for helping you do the same. I mean, who couldn’t use a little extra comfort these days, right?!

Today I’m sharing a recipe with you that has come highly requested. My Instagram comments and DM’s “blew up” as my kids would say after I storied these delicious crackers in conjunction with the radio show last week so I knew that this week my “share” had to be them!

My crunchy seeded crackers are so healthy, so crunchable and so to die for!

I love these crunchy, seeded crackers for so many reasons….

1. I love a crunch. I’ve always been obsessed with the “crunchfactor” given by crackers and chips. But crackers tend to be very high in salt (you know I have issues with that), high in saturated fat, low in fiber, highly processed and generally hard to eat just a few.  NOT these crackers! I can crunch away guilt free on my “moreish”, crunchy, seeded crackers!
2. Have you ever felt like the cracker or chips you’re eating are simply a vehicle for what you are dipping them in or eating on them? This can be SO me! I love a dip. I love hummus, I love avocado dips, I love cheese…really anything on a cracker is fine with me. When I’m eating these crackers, I can enjoy the crunch and the dip or topping and feel good about them both.
3. These crackers are so rich in nutrients it will blow you away. More on what makes them so healthy below but honestly….they are so tasty you will not believe how good they are for you.
4. If I haven’t sold you yet, how about the fact that these crackers make a delicious, healthy, dessert. My family’s secret (and kind of obsessed with) is that we love to dip these crackers in dark chocolate and freeze them – OMG!, what a treat yet so healthy!!

So, what’s in these crackers that makes them so healthy, you ask?! Pumpkin seeds, chia seeds, and flaxseed; all which are great sources of magnesium, zinc, iron and other amazing nutrients and antioxidants that are great for lowering cholesterol and decreasing inflammation, controlling blood sugar levels, and are excellent for heart and bone health. Delicious and super nutritious. You’ll notice in the recipe below that I have added coconut aminos to the crackers instead of salt. This drastically reduces the salt content yet keeps the cracker super flavorful. You won’t miss the sodium at all and you won’t be puffy and swollen the next day either. Winner, winner, crackers for dinner?!

I’m guessing by now you get how obsessed I am with these crunchy, seeded crackers. As we enter the season of “snacking”, appetizers and charcuterie boards, I hope you’ll substitute some of the store bought for some of the homemade and enjoy your crunch even more because of it! Stay Well! Xx Janine

Crunchy Seeded Cracker Recipe:

Ingredients:

1/2 Cup Chia seeds (whole)

1/2 cup Flax seeds (whole)

1/2 cup Sunflower seeds (raw)

1/2 cup Pumpkin seeds (raw)

1 Tablespoon Coconut Aminos

1 cup water

Instructions:

Preheat oven to 350 degrees (makes approx. 45-50 small crackers)

In a large bowl add the Chia seeds, Flax seeds, Sunflower seeds, Pumpkin seeds - mix well.

Add the water and the coconut aminos to the seeds.  Mix well and set aside for 15 minutes. Let the seeds absorb the water.

While the seeds are soaking - line a large baking sheet pan with parchment paper.

Place seed mixture on parchment paper and spread out the mixture with a wet spatula - keep pushing the seeds outward to all four corners of the sheet pan.

Bake seeds for 30 minutes.  Take out of the oven and cut into the size of cracker you want with a Pizza cutter.  I get around 45-50 pieces but I like them small.

Place the sheet pan back into the oven and bake for another 20-30 minutes.  I like my crackers very crunchy and a little on the darker side.

Take out and cool before eating.  Store in air tight container for up to 2 weeks but they will probably not last that long!