

Granola Flax Crackers

1 cup flax seeds
¼ cup chia seeds
¼ cup raw sunflower seeds
½ cup dry rolled oats
3 tablespoons agave, honey or maple syrup
1 ripe banana mashed
2/3 cup strawberries mashed
½ cup chopped almonds that have been soaked 4 to 8 hours
¼ teaspoon Real salt or Himalayan salt (optional)



Soak flax seeds, sunflower seeds and chia seeds for 4 hours in enough purified water to cover double the amount. Check often and add more water if needed. Drain and add other ingredients. Mix thoroughly. Spread out thinly on solid dehydrator sheets. Dehydrate at 105 degrees until top feels dry 6 to 8 hours. Flip over and finish drying about 6 to 8 hours.

Recipe by Jo Francks