

# Herbal Legacy Recipes

## Peachy Flax Crackers

Contributed by Master Herbalist Jo Francks

### INGREDIENTS:

- 1 cup flax seeds
- ½ cup sunflower seeds
- ½ cup rolled oats
- ¼ cup chia seeds (optional)
- 4 tbs agave nectar
- 2 peaches mashed
- 1 tsp cinnamon



### DIRECTIONS:

Soak first 4 ingredients about 4 hours in water. Drain off excess liquid if any, add remaining ingredients. Spread on solid dehydrator sheets that have been lightly sprayed with nonstick cooking spray. Spread evenly on trays about ¼ inch thick, or make rounds. Dry until top is dry and flip over and finish drying.

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