

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Raspberry Flax Crackers

Jo Francks



1 cup golden flax seeds
1/2 cup raw sunflower seeds
1/8 cup chia seeds (optional)
1/8 cup buckwheat (optional)

In a large glass bowl, soak above ingredients in purified water for 4 hours. Use enough water to allow for seeds to expand (about 1 quart or so). Strain any extra water from seeds and return to bowl.

2 cups slightly blended or mashed raspberries
1/2 cup sliced almonds
1/2 cup unsweetened shredded coconut
1/4 cup agave or honey

Add these ingredients to the seed mixture and mix well

Spread on solid dehydrator sheets. Dehydrate about 6 to 8 hours (they should be dry on top) and flip over. Remove the solid sheet and finish drying until crisp.