

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Cheese and Seed Crisps

Ingredients:

- 8 oz organic, raw milk cheddar cheese, shredded
- ¼ C plus 1T each of chia seeds, pumpkin seeds and sesame seeds
- 1/8 tsp sea salt
- 1/8 tsp pepper
- ½ tsp oregano
- ½ tsp basil
- ½ tsp fennel seed

Directions:

- Heat oven to 275 degrees
- Combine all ingredients except cheese in a bowl.
- Line a rimmed baking sheet with parchment paper.
- Spread the seed/herb mixture evenly on the parchment-lined baking sheet.
- Sprinkle the shredded cheese evenly over the top of the seeds.
- Bake for 90 minutes. This will give a crispy cracker. (If you are short on time, crackers can be baked at 350 degrees for 30 min, but the crackers will be flexible.)
- Cool then break apart and serve

Some cheese varieties tend to be oilier than others. If the crisps seem greasy, lay out on paper towels over a cooling rack to absorb the grease.

Crackers will last 1-2 months. If they become wilted, put them back in the oven for a short time.