



## Nori & Seed Crackers

10 servings

1 hour

### Ingredients

- 4 Nori Sheets (raw or roasted, crushed)
- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Maple Syrup

### Nutrition

Amount per serving	
Calories	103
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	3g

### Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 5 days, or freeze if longer.

**Serving Size:** One serving is equal to one 1" x 3" cracker.