NORDIC · SNACK

Nordic Seed Crackers (Gluten-Free Crispbread)

120 min · Serves 16 · 245 kcal a serve · Video 3:41 · kvalifood

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Made only from seeds: vegan and gluten-free, with about 7 g of fibre a serve, more than a day's plant omega-3 (ALA) from the flax and chia, and rich in magnesium.

Diet notes: Keto (2.8 g net carbs a serve); Low saturated fat (2.7 g, 9.9% of the energy).

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Ingredients 10 · SERVES 16

- [ ] 3½ oz **pumpkin seeds**
- [ ] 3½ oz **sunflower seeds**
- [ ] 5 oz **sesame seeds**
- [ ] 5 oz **flaxseed**
- [ ] 1¾ oz **chia seeds**
- [ ] 1¼ oz **psyllium husk powder**
- [ ] 1½ tsp **salt**
- [ ] 2 tsp **baking powder**
- [ ] 3 cups (7 dl, about 3 cups) **water** (most of it bakes off)
- [ ] ½ cup (1 dl) **mild-flavoured olive oil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the seeds into smaller bits, then mix them with the psyllium husk, salt and baking powder. 0:26
2. Whisk the water and olive oil together, stir into the dry mix and leave for about 30 minutes, until it sets into a firm dough. 1:20
3. Heat the oven to 350°F fan (350 °F). Divide the dough into 4. Roll each piece thinly between two sheets of baking paper, slide it onto a tray and peel off the top sheet. 1:44
4. Bake for 30–45 minutes. If still soft after 30 minutes, flip it, peel off the paper and keep baking so the steam escapes. Check from 20 minutes and swap the trays round so the thin edges don't burn. 2:50
5. Cool on a rack, then break into pieces. Store in an airtight jar. 3:00

> **Tip** Makes 4 large sheets; we count 16 serves of about 1½ oz (our estimate). Great with cheese, smoked fish, avocado or hummus. If the paper sticks, they need longer in the oven.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
245 kcal	**7.1** g	**10** g	**7.3** g	**22** g	**280** mg
1,030 kJ	14% of a day	2.8 g net · 0.4 g sugars	26% of a day	2.7 g saturated	12% of a day
		4% of a day		28% of a day	

Energy from net carbs 5% · protein 12% · fat 83% — fits keto: 2.8 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Omega-3 174% · Magnesium 33% · Vitamin E 21% · Selenium 20%

Source of (10–19%) Zinc 19% · Iron 17% · Vitamin B6 12% · Calcium 11%

Recipe and video: kvalifood (@Kvalifood) on YouTube — youtube.com/watch?v=Gk0AaRjNJZ4, published 2 January 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nordic-seed-crackers