

# Salt and Serenity

## Rustic Seeded Oat Crackers

Adapted from Anna Jones' recipe for Seedy Oat Crackers in her book, *A Modern Way to Cook*.

Makes about 16 large crackers

1 cup old fashioned oats (not quick cook or instant oats)

$\frac{3}{4}$  cup raw pumpkin seeds

$\frac{1}{3}$  cup raw sunflower seeds

$\frac{1}{3}$  cup sesame seeds

2 Tablespoons nigella seeds (or chia seeds)

2 Tablespoons poppy seeds

1 Tablespoon fennel seeds

1 teaspoon kosher salt

4 teaspoons sunflower or safflower oil

1 Tablespoon pure maple syrup

$\frac{3}{4}$  cup room temperature water

1. Preheat oven to 375°F. In a large bowl, mix together oats, all the seeds and salt. Add oil, maple syrup and water and stir well until all the dry ingredients are well moistened. Let mixture sit for 15 minutes.
2. Have 4 sheets of parchment paper ready, along with 2 baking sheets (mine were 13 x 18 inches in size), and a rolling pin. After dough has rested, divide it into 2 equal pieces. Place one piece of dough on a sheet of parchment paper. Cover dough with a second sheet of parchment and roll dough out to about 1/8 inch in thickness. The finished size of the rolled out dough will be approximately 15 x 11 inches. The shape of your dough does not matter. It does not have to be a perfect rectangle. Carefully peel off top layer of parchment and transfer rolled out dough and bottom sheet of parchment to a baking sheet. Repeat with second piece of dough.
3. Bake crackers for about 15-20 minutes, until they are golden brown around the edges. Remove from oven and carefully turn cracker over and peel off parchment. Return to baking sheet and cook for an additional 15 minutes until the second side is golden brown.
4. Remove from oven and let crackers cool completely. Break each cracker into about 8 pieces. Crackers keep well in an airtight container at room temperature for about 1-2 weeks.

