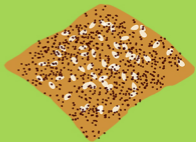


# Seed Crackers



*You can bake your own seed crackers at home for a crunchy, nutritious snack.*

*1) All it takes is an assortment of seeds, (we love using pumpkin, flax, and sunflower seeds), oil (such as olive or coconut oil), and salt.*

*2) Once you combine those ingredients, add boiling water and stir to form a dough.*

*3) Spread the dough on a baking sheet, back at 300 degrees Fahrenheit for about 40 minutes, cool, and enjoy!*

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