

# Flaxseed Crackers (Savory and Crispy)

## Ingredients

- ½ cup ground flaxseed
- ¼ cup whole flaxseeds
- ½ tsp garlic powder
- ¼ tsp sea salt
- ½ cup water
- Optional: sesame or sunflower seeds for topping

## Instructions

1. Preheat oven to 325°F (160°C).
2. Mix all ingredients in a bowl and let sit for 5 minutes to thicken.
3. Spread thinly on a parchment-lined baking sheet.
4. Score into squares and bake for 30–35 minutes until crisp.
5. Let cool, then break apart and store in a jar.

## Health Benefits

- Ground and whole flax: Excellent source of fiber and omega-3s
- Garlic: Supports immune system

- Gluten-free and keto-friendly