

The Pillar Life Seed Cracker

Eureka! I have been on the hunt for a delicious seed cracker to replace my Triscuit hankering. There are delicious healthy versions on the shelves of healthy grocers like Mary's and Flacker's but I wanted to learn how to make my own. Enter Molly Chester the culinary visionary of Apricot Lane Farms (and my good friend). Molly's seed crackers are so good I bought an Excalibur dehydrator and went to town. My guests are raving, and the best part is these babies are all seeds—flax, pumpkin and sesame—no gluten, no grain. They are delish with Nancy's herby green dip. I throw in some basil and extra cayenne—you can add more sea salt—or your favorite spices. They are a cinch to make for a non-cook like me. This is the perfect Pillar Life Seed Cracker.

INGREDIENTS

- 2 cups raw golden flaxseed
- 2 cups hulled sesame seeds
- 2 cups hulled pumpkin seeds
- 2 tablespoons sea salt, plus more to taste, divided
- ½ cup diced shallot (about 2 medium)
- 1 tablespoon minced garlic
- ¼ teaspoon cayenne pepper

DIRECTIONS

In medium- size ceramic or glass bowl, combine the flaxseed with 4 cups water. Stir, cover, and set aside for 12-hours. In larger ceramic or glass bowl, combine the sesame seeds, pumpkin seeds, 1 tablespoon of the sea salt and enough water to cover by 2 inches. Stir, cover, and set aside to soak for 12 hours.

After soaking, drain and rinse the pumpkin and sesame seeds in a mesh strainer. Set aside. Do not rinse the flaxseed.

Once soaked, the flaxseed will be gelatinous and have absorbed most of the liquid. The gelatinous nature of soaked flax is needed to bind the cracker. To the flaxseed, add the shallot, garlic, remaining 1 tablespoon of sea salt, and cayenne pepper. Stir with a wooden spoon to combine.

Using a food processor, grind the flax mixture in two batches, 1 minute per batch. Most seeds will be broken down, but some will remain whole. Into a large-size bowl, recombine both the

batches and add the pumpkin seeds and sesame seeds. Using a spatula, fold the mixture together until thoroughly combined.

Line 5 dehydrator trays with nonstick sheets. Spread about 2 cups of batter evenly onto each tray using an offset or rubber spatula. Spread to $\frac{1}{4}$ inch thickness. Sprinkle with sea salt and dehydrate at 150 degrees Fahrenheit for 12 hours.

After 12 hours, remove and flip the crackers. Do this by laying the cracker sheet on an even surface and placing a mesh dehydrator liner on top. Invert the tray so it's face down on the mesh liner. Carefully peel the top nonstick sheet from the cracker and return the flipped cracker, now on the mesh liner, to the dehydrator for another 6 hours at 150 degrees Fahrenheit to dry completely.

After 6 hours, turn off the heat and open the dehydrator, and allow the crackers to cool completely. Remove the crackers, break into large-size pieces, and store in an airtight container at room temperature for 1 week or transfer to a freezer for several months.