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Sauerkraut seed crackers

1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1/2 cup sesame seeds
1/2 cup chia seeds

1 cup sauerkraut or kimchi juice or brine from any ferment. Add water if you don't have sufficient brine

A little salt to taste

Add seasonings/garlic/herbamare/paprika/turmeric if desired

Mix the ingredients and then use a stick blender to blend some of the mixture into a paste. Spread mixture with spatula onto baking trays lined with baking paper. Bake at 160°C for 25 minutes, remove from oven and cut into squares, carefully flip squares over and bake for a further 25 minutes until crisp.

If you wish to retain the probiotic benefit of the sauerkraut you can dehydrate the crackers in a dehydrator or oven on the lowest possible temperature setting.

Store in airtight container. Delicious with kefir cheese dip.

