

SOURDOUGH SEED CRACKERS

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES

SERVINGS: 24 CRACKERS AUTHOR: [AMY DUSKA](#)



INGREDIENTS

- $\frac{3}{4}$ cup (200 g) [discarded sourdough starter](#) stirred down
- 3 tablespoons sesame seeds untoasted or toasted
- 2 tablespoons black sesame seeds
- 3 tablespoons pumpkin seeds
- 3 tablespoons hemp seeds
- $\frac{1}{4}$ teaspoon (1 g) fine sea salt can be omitted if needed

TOPPING

- $\frac{1}{4}$ teaspoon (1 g) salt for sprinkling on top

INSTRUCTIONS

1. Adjust the oven rack to the middle position and preheat your oven to 325°F (162°C). Line a baking sheet with parchment paper or a silicone mat.
2. Add the ingredients to a bowl and mix thoroughly until well combined. Use an offset spatula to spread the mixture in a thin, even layer onto the parchment paper. Sprinkle the top with salt.
3. Bake for 10 minutes, then take the sheet out of the oven and score the crackers with a sharp knife or pizza cutter. Continue baking for an extra 20-30 minutes or until the crackers achieve a golden brown color. (*Oven temperatures differ, so check the crackers after 20 minutes of baking to prevent over-browning.*)
4. Allow them to cool completely on the baking sheet before storing. Store in an air-tight container for up to one week at room temperature.