

# Cheesy Chia Seed Crackers

## RECIPE



The chia seeds are great for providing omega-3 protein, vitamin K, calcium, vitamin B6, and zinc, great for those growing minds and bodies, great for picnics or a snack!

## Shopping List



220g plain flour



140g unsalted butter



3 heaped tbsp chia seeds



240g grated cheese



1.

Preheat the oven to 180c. Put the chia seeds in a bowl with 5 tablespoons of water and leave to soak.



Weigh out the flour and butter, use a food processor to mix together until breadcrumbs are formed.

If you don't have a food processor this can be done by hand with rubbing the butter and flour with your finger tips.



2.

Once you have a fine crumb add any extra flavour such as garlic granules, dried chives or paprika. And then add the cheese and blitz again!



3.

Once the dough has come together take out of the food processor and onto a floured surface, roll the dough out and cut into squares or use cutters, here you could put half of the dough in the freezer for another day. Use a fork to add holes along the crackers ensuring the crackers to not puff up to much.



4.

Cook for 12-15 minutes until the edges are starting to turn golden brown. Leave to cool and then enjoy! These will keep for 3 days in an airtight container in the fridge.

