



## From the Kitchen of Executive Chef Jessica VanRoo

### Keto Low Carb Crisp Bread

Makes about 20 crispbreads, depending on size

#### Ingredients

- 1 cup untoasted sesame seeds
- 1 cup raw sunflower seeds
- 1 cup whole flaxseeds
- 1/2 cup hulled hemp seeds
- 3 Tablespoon psyllium husk
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 cups of water
- \*spices as needed, cinnamon, nutmeg, garlic, onion, dry herbs, etc.



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1. Preheat your oven to 350 degrees, and line a baking sheet with parchment paper or a silicon mat.
2. Combine all the seeds, psyllium husk, salt and baking powder in a blender or food processor. Mix until the mixture resembles fine sand. Do not allow the mixture to bind, and do not over mix.
3. Pour the mixture into a mixing bowl, and stir in the water and any spices you are using.
4. Allow the mixture to sit for 10 minutes. After 10 minutes, the water should be absorbed, and you should have a dough-like mixture.
5. Pour the mixture on to your prepared baking sheet. Flatten to about ¼” thick.
6. Bake 70-75 minutes or until firm in the middle.
7. Immediately remove the pan from the oven, and score into 20 pieces with a knife or pizza cutter. Allow the crisps to cool. Then break at the scored lines and serve or store in an airtight container.