

3 Healthy Crackers You Can Make at Home

1. All-Seed Power Crackers

Vegan, Gluten-Free, Grain-Free

Ingredients:

- ½ cup chia seeds
- ½ cup flaxseeds (whole or ground)
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ¼ cup sesame seeds
- 1¼ cups water
- 1 tsp sea salt
- Optional: ½ tsp garlic powder, rosemary, or cumin

Instructions:

1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. Mix all seeds and water in a large bowl. Let sit 15–20 minutes until gel-like.
3. Spread the mixture evenly and thinly onto the tray. Score lines for crackers if desired.
4. Bake for 30–40 minutes. Flip or rotate, then bake another 20–25 minutes until crisp.
5. Let cool, break apart, and store airtight for up to 1 week.

Kid Job: Mix seeds and water, score with a butter knife.

2. Chia-Oat Crackers

Softer Crunch, Kid-Friendly

Ingredients:

- ¾ cup rolled oats
- ¼ cup chia seeds
- ¼ cup flax meal or sunflower seeds
- ½ tsp sea salt
- 1 tsp dried herbs (e.g., oregano or thyme)
- ¼ cup plain Greek yogurt or unsweetened applesauce
- ¼ cup water

Instructions:

6. Blend oats in a food processor until they resemble flour.
7. Mix all dry ingredients, then stir in yogurt or applesauce and water.

8. Let sit 10–15 minutes to form a soft dough.
9. Spread thinly on a parchment-lined baking sheet.
10. Bake at 325°F for 25–30 minutes. Flip or rotate, then bake 10–15 more minutes.
11. Cool and break into pieces.

Kid Job: Mix ingredients, choose the herbs, help spread the dough.

3. Cinnamon Chia Cookie Crackers

Lightly Sweet, Lunchbox-Ready

Ingredients:

- ½ cup ground flaxseed
- 2 tbsp chia seeds
- ¼ cup hemp hearts or almond flour
- 1 tsp cinnamon
- 1 mashed ripe banana or 2 tbsp almond butter
- 2 tbsp water
- Optional: 1 tsp honey or maple syrup

Instructions:

12. Mix all dry ingredients in a bowl.
13. Stir in banana or almond butter and water. Add sweetener if using.
14. Spread mixture thinly on a parchment-lined baking sheet.
15. Bake at 300°F for 25–35 minutes until golden and crispy at the edges.
16. Let cool completely before storing.

Kid Job: Mash the banana, sprinkle cinnamon.