



Recipe Name: Savory Flax Seed Multigrain Crackers Recipe

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Whole Wheat Flour	4
• 1/2 cup Jowar Flour (Sorghum)	
• 1/4 cup Ragi Flour (Finger Millet/ Nagli)	
• 2 teaspoons Sunflower Oil	
• 2 tablespoons Sesame seeds (Til seeds) - white	
• 2 tablespoons Flax seeds	
• 3 to 5 Green Chillies - finely chopped (adjustable)	
• Few sprig Coriander (Dhania) Leaves - finely chopped	
• Few Curry leaves - finely chopped	
• Water - as required	
• Salt - to taste	

Preparation

- To begin making the Savory Flax Seed Multigrain Crackers recipe, slightly roast white sesame seeds till they start cracking in a small pan.
- Roast flax seeds and roast them till the popping sound reduces.
- Turn off the flame and transfer the flax seeds to a separate plate and allow it to cool.
- Add oil and mix everything nicely with your finger tips to form bread crumb like texture.
- Next, add water in steps and combine everything together to form a dough.
- Don't add whole water together as required water quantity may vary little depending on flour quality.
- Allow the dough to rest for 15 to 30 minutes.
- Preheat the oven at 180 deg C for 8 to 10 minutes.
- Divide the dough into two equal portions.
- Dust the slab and roll each portion into a big circle thicker than the roti.



- While rolling edges may break, try sealing them with your fingers and roll.
- Using a cookie cutter or any lid cut them into your desired shape and size.
- Slowly lift them and arrange them on a baking tray lined with parchment paper sheet and bake it for around 15 to 25 minutes at 160 deg C in an oven.
- Check the cookies after 15 minutes.
- Remove them if you see the edges turning red in colour.
- Once done, place them on a cooling rack to cool.
- They become more crispier once they cool down.
- Store the cookies in airtight containers.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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