

# Baked crackers with vegan tzatziki

Recipe



*Vegan tzatziki with homemade crackers is a perfect combination for picnics and snacks.*

## Baked Crackers

**Preparation time:** 45 minutes

### Ingredients:

- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup sesame seeds
- ½ cup poppy seeds

- ½ cup flax seeds, golden or brown
- 2 cups tigernut flour
- 3 tablespoons olive oil
- 2 cups water
- 1 teaspoon ground anise seeds
- 1 teaspoon ground red pepper
- a pinch of salt and pepper

Mix all the ingredients in a bowl to make a dough. Spread the dough over the parchment paper with a spatula. Bake at 180 degrees for 20 minutes, then turn, remove the parchment paper and bake for another 15 minutes or until crisp. Cool down and store in a closed container.

### **Vegan Tzatziki**

**Preparation time:** 10 minutes

**Ingredients:**

- 1 small cucumber, seedless and cubed
- 1 cup plain soy or coconut yogurt
- ¼ teaspoon garlic powder
- 1 tablespoon olive oil
- a bunch of dill
- a bunch of mint
- salt and pepper to taste

Mix all the ingredients well together in a cup.