
Vegan & Gluten-Free Zaater Date Crackers

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 cup rolled oats
- 1/4 cup flaxseeds
- 1/2 cup sunflower seeds
- 2 tablespoons sesame seeds
- 1/3 cup pine nuts
- 3 tablespoons zaater
- 2 tablespoons [psyllium husk](#) or 1 1/2 tablespoons [psyllium powder](#)
- 1 tablespoon chia seeds
- 1 teaspoon salt
- 2/3 cup water
- 1/2 tablespoon date molasses
- 1 1/2 tablespoons olive oil
- 1/2 cup packed dates (100g), chopped

Instructions:

1. In a food processor, combine the oats, seeds, pine nuts, zaater, psyllium, chia seeds and salt. Pulse a couple of times just to combine, we don't want to turn anything into a powder. Add the water, molasses and olive oil and again pulse just to combine and moisten the ingredients. Add the dates in thirds, separating them if they are sticky, and pulse a couple of times in between each addition until the dates are distributed evenly. You can also make it in a bowl, I just find it easier to blend in the dates using the processor.
2. Transfer the mixture to a large sheet of parchment paper or silicone mat. You will need to spread out the mixture to approximately 30cm by 50cm so try and use parchment or a silicone mat the same size or larger. If your baking sheets are smaller than that, use two dividing the dough between the two sheets and rolling it out thinly. I first spread out the dough with moistened fingers and then place another parchment paper on top and use a rolling pin to spread it out more thinly. Score the cracker dough using a sharp knife to make the shapes you like.
3. Now you wait...a minimum of 2 hours or overnight before baking.
4. Pre-heat the oven to 350F or 170C. Slide the crackers still on the parchment paper onto the baking sheet. Bake for 20 minutes, then remove the oven and flip the crackers upside down onto the same sheet (be careful and protect your hands) then peel off the parchment. Return back to the oven until crispy and golden.
5. Let cool and break up into your shapes. Store in an airtight container for up to 3 weeks...although I would be shocked if they lasted that long!