



Natural Life  
Choices,™ Inc.

# SWEET CRACKERS



## INGREDIENTS:

- » ½ cup of quinoa
- » ¼ cup of rolled oats
- » 2 tablespoon of chia seeds
- » 2 tablespoon of kind of sugar
- » ½ cup of almonds
- » 2 tablespoon sesame
- » 2 tablespoon coconut oil
- » 2 tablespoon maple syrup



## PREPARATION:

Mix all dry ingredients. In pot melt coconut oil then add maple syrup and mix of dry ingredients. Mix well until smooth. Spread the mix even on baking tray on baking paper. Warm oven to 340°F and bake for 15 minutes. If the crackers are getting burned on one side then turn tray on other side and bake for next 15 minutes. Wait until it has cooled down and then bake for small pieces.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*