



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138
www.TheHellenic.com

The Ultimate Cracker

60 g [Organic Raw Flax Seeds](#)

60 g [Organic Raw Sesame Seeds](#)

40 g [Organic Raw Sunflower Seeds](#)

20 g [Organic Raw Pumpkin Seeds](#)

1 tbsp. [Organic Psyllium Husk](#)

1 tsp. [Celtic Sea Salt](#)

1 cup Water

preparation instruction, watch the video on YouTube:

[The Ultimate Cracker](#)

Youtube.com/AwareHouseChef

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