

# Raw Crispy Mexican Crackers

Yield: 35 min  
Total Time: 720 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crackers-recipe>

## Ingredients:

- 1 cup flaxseeds golden
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup chia seeds
- 1/4 yellow onion . diced
- 1/4 red bell pepper diced
- 1 cup carrot & celery veggie pulp left over from juicing
- 1 1/2 teaspoons chipotle powder
- 1 teaspoon garlic powder
- 1 teaspoon sea salt Celtic
- 1/2 teaspoon pepper cayenne

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 3 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 75 milligrams

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