

THE
RAW
PIRATE
GOURMET

SEAWEED CRACKERS

1 cup of sprouted Buckwheat Groats
1 cup of sprouted Sunflower Seeds
1 cup of packed Kelp (soaked over night)
2 Tablespoons of soak water (from Kelp)

3 cloves of garlic
1/3 cup of Green Onion
1/3 cup of Nama Shoyu
2 Tablespoons Olive Oil.

Mix groats, seeds, kelp and soak water in food processor. Then add remaining ingredients and mix well. Keep scraping down the sides to make sure it's mixed! Spread onto teflex sheet in dehydrator and dehydrate at 110 for 8-12 hours.

Flip over and remove sheet. Continue dehydrating at 110 for another 4-8 hours.

This will create enough for approximately 2 trays in the dehydrator.
Be prepared for delicious savory crackers!

