



Guacamole & Chia Seed Crackers



Prep: 10 mins | **Cook:** 90 mins (crackers) | **Serves:** 4

Ingredients

For the crackers:

- 3 tbsp chia seeds
- 3 tbsp milled flaxseed
- 2 tbsp sunflower seeds
- 3 tbsp pumpkin seeds
- 1 tbsp hemp seeds
- 3 tbsp za'atar

For the guacamole:

- ½ red onion, diced
- 1 green chilli, seeded and diced
- 2 large avocados
- Juice of 1 lime
- 1 tomato, seeded and diced
- 2 tbsp chopped coriander leaves



Method

1. Prepare the cracker base:

Mix the flaxseed and chia seeds with 200 ml water. Leave for 15 minutes until thick and "dough-like." Stir in the remaining seeds and the za'atar.

2. Shape the crackers:

Line two large baking trays with greaseproof paper. Divide the mixture between the trays and spread evenly using a spoon, then flatten with wet hands. Lay another sheet of paper on top and press down with a rolling pin. Remove the top sheet.

3. Bake the crackers:

Bake at 110°C for 45 minutes. Remove the trays, place fresh sheets of paper on top, then flip the whole cracker sheets over. Peel off the new top sheets and return to the oven for another 40 minutes, or until crisp and dry. Cool completely.

4. Make the guacamole:

Grate half the onion and mash with half the chilli and a pinch of salt to form a paste. Scoop out and roughly mash the avocados, then stir in the lime juice. Add the remaining onion and chilli, tomato, and coriander. Season to taste.

5. Serve:

Break the cooled cracker sheets into pieces and serve alongside the fresh guacamole.

Top 5 Benefits for Athletes

1. Powerful Anti-Inflammatory Boost

Chia, flax, hemp and pumpkin seeds deliver omega-3s that help reduce muscle soreness and support faster recovery.

2. Long-Lasting, Stable Energy

Healthy fats + high fibre keep blood sugar steady, helping endurance athletes fuel consistently throughout the day.

3. Rich in Essential Micronutrients

A natural source of magnesium, zinc, iron and B-vitamins, all crucial for energy production, muscle function and overall training resilience.

4. Supports Gut Health and Immunity

Seed fibres and prebiotics from onions promote a healthier gut microbiome, aiding digestion and strengthening immune defences during heavy training.

5. Excellent Post-Training Electrolyte Balance

Avocado, lime and za'atar provide potassium and natural electrolytes that support hydration and neuromuscular function after hard sessions.

