

These delicious heart healthy crackers pack a protein-rich punch



Nordic Seed Crackers

Photo Susie Iventosch

By Susie Iventosch

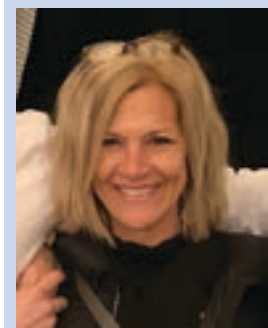
We were a little late to the seed cracker party, since no one in our family is sensitive to gluten, but I was intrigued by a package of them at a local cheese shop, and decided to give them a try. I love seeds and nuts of all kinds, but had never had a cracker full of them. They were so incredibly delicious and, naturally, I decided to make my own version at home. Once you've tasted these, you'll wonder where they've been all of your life! This game changer just so happened to coincide with a family member needing to be on a heart-healthy diet, so we were all really happy to learn of the many health benefits of these crackers. Even the arrowroot, which is used as a thickening agent to bind the seeds together, is supposed to be good for the heart!

Arrowroot powder is comprised of starches from the arrowroot plant – maranta arundinacea. It's gluten-

free, odorless and tasteless, so besides thickening things up, you hardly know it's there at all. It can also be a good substitute for cornstarch, and while some say to use 2 teaspoons of arrowroot for every tablespoon of cornstarch, I use it in a 1:1 ratio. Arrowroot powder has twice the thickening power of wheat flour. It also contains potassium, an essential electrolyte important to heart health. That sure sounds good to us!

While we are super excited about arrowroot as a thickening agent, all of the nuts and seeds in these crackers are also protein-rich, have essential minerals and antioxidants, and contain no cholesterol. But, have we mentioned how delicious they taste? That's our primary objective when we create recipes, but having healthy benefits is important, too.

You should be able to find most of these seeds at your local market or health food store. If you cannot find all of them, just substitute with another seed that you like.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

INGREDIENTS

1/2 cup sesame seeds black or white or a mixture
1/4 cup chia seeds
1/3 cup hemp seeds
1/2 cup raw pepitas
1/2 cup sunflower seeds (can be raw or roasted, salted or unsalted)
1/2 cup flaxseeds
1/2 tsp. sea salt or pink Himalayan salt
4 tbsp. olive oil
1/3 cup arrowroot powder
3/4 cup boiling water
Pink or sea salt grinder for the top of the crackers

DIRECTIONS

Preheat oven to 275 F. Line a 13x18 baking sheet with parchment paper. Set aside. Mix all of the seeds in a large mixing bowl. Stir in salt and arrowroot powder to blend. Add olive oil and mix well. Pour in boiling water and blend well. Allow to sit for 10 minutes to thicken.

Spread the mixture out evenly on the prepared baking sheet, smoothing it out with an off-set spatula. Be sure to get the mixture to cover the baking sheet from side to side and end to end in a thin layer. If the spatula gets sticky, run it under hot water and continue the process.

Season the top of the seed mixture lightly with a salt grinder.

Bake for 90 minutes, turning the baking sheet halfway through the baking. The sheet of crackers should be a beautiful golden-brown. Remove from oven and cool completely before breaking it into the cracker-size pieces.

We like to break the sheet into larger chunks until we're ready to serve them. This keeps them from crumbling too much. But, not to worry, the crumbs make excellent salad toppers!

Store in an airtight container in the pantry.

Acalanes DAR awards scholarships to local middle and high school students



Photo provided

From left: Regent Mary Carrillo, American History winners Sophia Zarhouni, Atlee Hamilton, Benjamin Serrano, Good Citizen winner Shannen Swartz, co-chair Sarah Gorham, Good Citizen winners Caitly Ellis, and Jack Ficken, and co-chair Susan Bourne.

Submitted by Louise Diracles

The Acalanes Chapter of the Daughters of the American Revolution honored three middle school students for their submissions to this year's DAR American History Essay contest, and four senior high students selected by their schools as this year's DAR Good Citizen winners. A High Tea and Award Ceremony was held Feb. 4, hosted by Chapter Members who set the tables with their personal china and served delicious home-made tea sandwiches, cookies, fruit, and other sweets.

All seven students were recognized and provided with scholarships and certificates. Additionally, the American History winners were awarded monetary awards, gift cards and personalized reusable chalkboards decorated with flags.

The senior high students were

awarded a U.S. flag that had been flown over the U.S. Capitol in their honor.

The American History essay winners were Benjamin Serrano in first place, Atlee Hamilton placing second, and Sophia Zarhouni placing third. All three read their winning essays to the group.

Campolindo High School's Good Citizen, Katherine Pflieger, was the Acalanes Chapter's essay winner. The other Good Citizen winners were Jack Ficken from Bentley School, Shannen Swartz from Contra Costa Christian School, and Caitlyn Ellis from Las Lomas who read their essays.

The Acalanes Chapter Members are delighted to reward these remarkable students, and we wish them well as they continue on their life's journey. They are our future!

Boys Team Charity and Lamorinda Village provide storm help to Village seniors

Submitted by Helen Gough

Boys team Charity joined a small group of volunteers from Lamorinda Village providing aid to elders whose homes were endangered by flooding due to the heavy rainfall in January. The volunteers filled, delivered, and installed over 50 sandbags. Lamorinda Village is a nonprofit whose goal is to support seniors who wish to age in place by matching them with volunteers. Boys Team Charity Orinda and Lamorinda are local chapters of a national service organization comprised of young volunteers and their parents who work together to provide aid within their communities.

The teens from BTC and their families went above and beyond to help the seniors prepare for the onslaught of rain, going to multiple locations to find bags and sand and even purchasing bags of soil to use for sandbags. Village member Angie Bailie wrote after the storms to say, "Dave and I cannot thank Vanessa and her family enough for their help. They brought us eight very large bags of bark in an attempt to alleviate some flooding in my garage before the next big storm. Their help could not have come at a better time. The boys were polite, friendly and

worked very hard to help in the entire process. We also want Lamorinda Village, BTC, anyone else who needs to know how very grateful we were to receive this help from such a lovely family doing such good to help others!"



Henry Hunt

Photo Craig Hunt



Cameron Imberg

Photo Angie Bailie

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