

100% Grain-Free Crackers



INGREDIENTS

- ¾ cup ground almond meal
- ¾ cup golden flax seeds - best when ground just before use
- 2 egg whites
- 1 tablespoon nutritional yeast
- 1 tablespoon parmesan cheese
- 1 tablespoon coconut oil
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- onion and garlic powder to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Fold ingredients together to mix. Knead dough thoroughly.
3. Roll dough into a ball, press between 2 sheets of parchment paper, and roll to no thicker than 1/8 inch.
4. Transfer the bottom piece with rolled out dough onto baking sheet.
5. Cut dough into 2-inch squares with a knife or pizza cutter.
6. Bake for 15 to 20 minutes or until crispy.
7. Let crackers come to room temperature on baking sheet, then snap them apart.

* *Variations: Try using other herbs and seasoning: parsley, chives, cayenne pepper, rosemary, oregano, cumin, smoky chipotle powder... the possibilities are endless.*