

Crackers

Published on Mo's Clean Eats (<http://moscleaneats.co.nz>)



Crackers

Dairy Free

Egg Free

Gluten Free

Refined Sugar Free

Vegan

Vegetarian

Ingredients:

½ cup ground linseed

Crackers

Published on Mo's Clean Eats (<http://moscleaneats.co.nz>)

¼ cup almond flour

¼ cup sesame seeds

2 tbsp. chia seeds

¼ tsp salt

¼ tsp NYC pepper

1 tsp smoked paprika – optional *or* your favourite spice/herb

½ cup water

Flaky sea salt to sprinkle on top of cracker – optional

Method:

Pre-heat the oven to 190°C on bake. Line a large baking tray with baking paper. Mix all dry ingredients into a bowl, add the water and stir until combined. Spread out as thinly and evenly as possible on the baking paper. Score the crackers to preferred size. Score the sides if you want even sized crackers, but slightly uneven and rustic looking crackers add to that home-made feel of them. Optionally sprinkle with flaky sea salt to finish.

Bake for 20 minutes. Do keep an eye on them as the oven is fairly hot. The edges of mine burnt a touch, so I just switched off the oven and left them in for another 10 minutes. Remove from oven, and let cool completely before trying to break them. Store in an airtight container.

The crackers are gluten-free and vegan

Source URL: <http://moscleaneats.co.nz/crackers>