



Almond-Seed Crackers

Prep Time: 10 minutes

Cook Time: 12-15 minutes

Total Time: 25 minutes

Servings: Makes about 3 dozen crackers

Serving Size: About 4-5 crackers

Ingredients:

1 ½ cups blanched almond flour
1/2 cup raw sunflower or pumpkin seeds
1/2 teaspoon salt
1 tablespoon extra-virgin olive oil
1 tablespoon honey or maple syrup
1 tablespoon water

Cracked Pepper Variation:

½ or more teaspoon ground pepper
1 teaspoon dried oregano

Rosemary-Garlic Variation:

1 teaspoon garlic powder
1 tablespoon fresh rosemary or 1 teaspoon dried

Directions:

1. Preheat oven to 350° F.
2. Place almond flour, seeds and salt in a food processor and process until finely ground, and then transfer to a large mixing bowl.
3. In a separate, small bowl, whisk together the oil, honey/maple syrup and water.
4. Pour the wet ingredients into the bowl with the dry ingredients, and stir until a thick dough forms.
5. Remove the dough from the bowl and place onto a piece of parchment paper. Then use your hands to form the dough into a thick square or rectangular mass.
6. Place another sheet of parchment paper on top of your dough mass to prevent sticking and roll it out to about 1/8-inch thick using a rolling pin. Set top piece of parchment aside.
7. Transfer the dough and bottom parchment paper to a baking sheet.
8. Use a pizza cutter or sharp knife to cut the dough into cracker shapes – making about 3 dozen crackers. This will make it easier to break these apart into individual crackers once they bake and cool.
9. Bake for 12 to 15 minutes, or until golden brown.
10. Cool completely and then separate into crackers.
11. Store the crackers in an airtight container for up to one week.

Tips and Tricks:

If you are doing one of the variation recipes or making your own variation, add variation ingredients to flour mixture after it is processed and before wet ingredients are mixed in.

Nutritional Information Per Serving:

Calories: 151
Fat: 13 g
Cholesterol: 0.0 mg
Sodium: 116.6 mg
Total Carbohydrate: 6.9 g
Dietary Fiber: 2.5 g
Sugars: 2.5 g
Protein: 4.8 g