

100% Grain-Free Crackers

Ingredients

$\frac{3}{4}$ cup ground almond meal
 $\frac{3}{4}$ cup golden flax seeds - best when ground just before use
2 egg whites
1T nutritional yeast
1T parmesan cheese
1T coconut oil
 $\frac{1}{2}$ t sea salt
 $\frac{1}{2}$ t baking soda
onion and garlic powder to taste

Preheat oven to 350°

Fold ingredients together to mix. Knead dough thoroughly. Roll dough into a ball, press between 2 sheets of parchment paper and roll to no thicker than 1/8 inch. Transfer the bottom piece with rolled out dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter. Bake for 15 to 20 minutes or until crispy. 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.

