

FLAXSEED AND VEGETABLE CRACKERS

These crackers are a healthy and full-of-nutrition alternative to breads. They are gluten-free, yeast-free and dairy-free. Use them with dips or to make open sandwiches.

Standard Crackers

2 cups of ground/milled flaxseeds
2 cups of water
1 cups of chopped onions
2 tbsp extra virgin olive oil
½ tsp sea salt
½ tsp cayenne pepper

Steps:

- 1) Mix all the ingredients in a blender for 1 minute and leave for additional 10 minutes to thicken.
- 2) Transfer the mixture onto a dehydrator sheet or a baking sheet (oil it first) and, using a spatula or a flat knife, spread the mixture approximately 1cm thick. You can make the crackers thinner or thicker. If you prefer bread-like consistency, spread the mixture thicker. If you like thin crackers, then add more water and spread the mixture thin.
- 3) Next, dehydrate it for 8 hours or bake in a convection oven on a minimum heat.
- 4) Remove the sheets from the dehydrator or the oven and cut the base into crackers using a knife (try to find a very blunt one) or a pizza cutter.
- 5) Now place each cracker on an empty tray/rack to allow the crackers to dry for another 6 hours or so. You can experiment with less or more time, depending on how dry and crispy you like your crackers. Very dry crackers will keep for 2-3 months in a sealed container. Thick crackers will keep for 2-3 weeks in the refrigerator.

If you are working with whole flaxseeds (golden or brown), you can either grind them dry in a coffee grinder or you can grind them in a blender with 2 cups of water. If you opt for the blender version, please note that flaxseeds need to be pre-soaked for 2-3 hours.

Once you master the standard recipe, you can use many different variations depending on your taste and choice.

Walnut Crackers

2 cups of flaxseed
2 cups of walnuts (soak them first overnight)
4 cups of water
2 tbsp extra virgin olive oil
1 cup of chopped onions
1 tbsp spirulina
½ tsp sea salt
½ tsp cayenne pepper

Tomato Crackers

2 cups of milled flaxseeds
1 cup of tomatoes
½ cup of red peppers
1/3 cup of sun dried tomatoes
2 tbsp extra virgin olive oil
1 tbsp minced garlic
1/3 cup of fresh cilantro chopped
½ cup of chopped onions
½ tsp sea salt
½ tsp cayenne pepper

Put all the ingredients, with the exception of flaxseed, in a blender and puree. Transfer the mixture into a large bowl and mix in the flaxseeds. Leave it for 10 minutes. If the mixture is too thick, add some water. Spread the mixture onto a dehydrator sheet or oiled oven sheet and proceed as above.

Curry-Flavoured Crackers

2 cups of milled flaxseeds
1 cup of water
1 cup of grated carrots
½ cup of chopped onions
2 tbsp coconut oil
1 inch grated ginger
1 inch grated turmeric or 1 tsp turmeric powder
1 tbsp minced garlic
1/3 cup of fresh coriander chopped
½ tsp curry powder
½ tsp garam masala
½ tsp nutmeg
½ tsp sea salt
½ tsp cayenne pepper

Mix all the ingredients together and follow the instructions above.

For **Rosemary and Sea Salt Crackers** use the basic recipe with added minced rosemary and additional sea salt.

Open sandwiches

Cut slices of avocado directly onto the crackers and top with sliced tomatoes and cucumbers.

Spread hummus with slices of tomatoes or red peppers, or for sweeter alternative use Almond Butter. You can also use any pate or butter/ sauce from the recipes in Spreads and Butters post.