

Crackers

Flax Seed Crackers

1 1/2 c Whole Flax Seeds - ground in coffee grinder in 1/4 c batches
1 1/2 c water
1 1/2 tsp salt
1 tsp garlic powder
1 T basil
1 1/2 tsp oregano

Heat coconut oil to over 100 and warm 2 large cookie sheets.

Place a heaping teaspoon of oil on each pan and brush it around. Place sheets in fridge or freezer to harden coconut oil.

Mix dry ingredients well. Then add water.

Place half the batter on each sheet and spread thin with a spatula.

Place in 100 degree oven for about 12 hours. You may need to flip once crackers are firm. They need to completely dry out.

Store in a tightly closed container.

Sesame Crackers

2 c Sesame seeds, hulled
1 c Golden Flax, ground
2 T Olive Oil
2 T nutritional yeast
1/2 c Poppy seeds
1 tsp salt
2 clove garlic, minced
Dash cayenne or fresh jalapeno
Enough water to make a thin paste

Put all ingredients into food processor and process until smooth adding enough water to make a texture like waffle batter

Spread 1/8" thick on 2 cookie sheets covered in parchment paper

Set the pan in an oven set to the lowest possible setting. Let it sit in the oven for about an hour and then turn oven off. Let sit in the oven for several hours or overnight.

Flip the batter and repeat the process. Continue to do this until the crackers are dry and crunchy.

Store in a tightly closed container.

Veggie Chips

1 onion
2 celery sticks
1 green bell pepper
1 tomato
1 big carrot
1/2 c of green peas
1/2 c sesame seeds
1/2 c corn
salt, oregano, pepper, whatever spices you are in a mood for.....

Blend it, not like a puree, but kinda chunky

Spread 1/8" thick on 2 cookie sheets covered in parchment paper

Set the pan in an oven set to the lowest possible setting. Let it sit in the oven for about an hour and then turn oven off. Let sit in the oven for several hours or overnight.

Flip the batter and repeat the process. Continue to do this until the crackers are dry and crunchy.

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Mexi-chips

1 1/4 c. golden flax seeds (soak for 12 hrs - this measurement is before soaking)
1/4 c. sunflower seeds (soak for 12 hrs - this measurement is before soaking)
3/4 c. Salsa (try your own homemade)
1 c. fresh or frozen corn kernels
1/2 avocado (optional)
1 T lemon juice (optional)

Blend it in a food processor.

Spread 1/8" thick on 2 cookie sheets covered in parchment paper

Set the pan in an oven set to the lowest possible setting. Let it sit in the oven for about an hour and then turn oven off. Let sit in the oven for several hours or overnight.

Flip the batter and repeat the process. Continue to do this until the crackers are dry and crunchy.

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