



# Almond 'You Must Be Nuts!' Crackers

Adapted from: AllRecipes.com

Prep time: 15min   Cook time: 15min   Ready in: 45min

## Ingredients

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- ☐ 2 cup almond flour
- ☐ 2 TBSP finely chopped cashews, chestnuts, pine nuts or sesame seeds
- ☐ 3 teaspoons flax seed meal
- ☐ 1/2 teaspoon salt (see \*\*Note below for savory cracker)
- ☐ 4 TBSP water
- ☐ 3 teaspoons (or more) olive oil

## Directions

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1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Mix almond flour, nut of choice, flax seed meal, and salt (& other herbs for savory cracker. See\*\* below) together in a bowl until well combined. Add water and olive oil; mix until dough is moist and holds together.
3. Turn dough onto parchment piece. Place a second piece of parchment over dough. Roll dough, using a rolling pin, into a 1/16-inch thick rectangle. Remove top piece of parchment paper and cut sides of dough to make an even rectangle. Add excess dough to corners or 1 end of rectangle and re-roll to uniform thickness.
4. Cut dough into 1-inch squares using a pizza cutter, keeping dough still attached. Place on baking sheet.
5. Bake in the preheated oven until outside edges of dough are browned, about 15 min. Cool crackers completely on the baking sheet; break into squares.

*Cook's Note:* You can substitute 1 1/3 cup almond meal plus 2/3 cup pumpkin seed meal for the 2-cup almond flour if desired.

\*\*For a more savory cracker, consider adding 3/4 tsp garlic powder, onion powder and/or rosemary