

GLUTEN FREE CRACKER RECIPES

Flaxseed Parmesan Crackers Recipe

- 100g ground flaxseed
 - 30g Parmesan cheese, grated
 - Pinch of sea salt
 - Optional sesame seeds 1tbsp
 - Optional smoked paprika or cayenne pepper
 - 125ml water
1. Preheat the oven to 200C, gas mark 6.
 2. Simply mix all the ingredients together. Place spoonfuls of mixture on a greased and lined baking sheet and press down to form thin, flat circles. Bake in the oven until lightly golden and crispy, approximately 15 mins.
 3. All to cool on a wire rack

Easy Rosemary Flaxseed Crackers

These are low-carb and so easy to make. Makes around 16 crackers

- 100g ground flaxseed
 - 50g ground chia seeds
 - 50g shelled hemp seeds
 - 1 egg 1 egg-white
 - 2 tablespoons coconut oil
 - 2 Tablespoons Extra Virgin Olive Oil
 - 2 sprigs fresh rosemary
 - 1/2 tsp Sea Salt
 - 2-3tbsp water to blend
1. Preheat the oven to 180C, gas mark 4.
 2. Place the flax and chia seed in a large bowl with the hemp seeds, oils and the sea salt.
 3. In a blender put the egg, the egg white, the rosemary leaves and water (not the stems), and process to combine.
 4. Add the wet ingredients to the dry ones, and mix very well. Ideally let the mixture stand for 30 minutes. If the mixture is too dry then add a little more water.
 5. Roll the dough between two pieces of parchment paper to form a rectangle. Place on a baking sheet.
 6. Score the dough into square or rectangular pieces.
 7. Bake on a lined baking sheet for 20 minutes or until lightly golden and crisp.
 8. Cool on a rack.