

ONE BITE

VEGAN MAGAZINE

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Your guide to vegan wine

Low carb gluten-free cracker recipe

By Rachel Dickens



This low carb gluten-free seed cracker recipe is so simple to make and you don't have to use a dehydrator if you don't want to! These low carb crackers are free of refined grains, added oils, are paleo friendly, gluten-free and vegan. Eating healthy never tasted so good.



Ingredients

- 1 cup water
- 1 cup flaxseeds whole
- 3 tbsp chia seeds
- 3 tbsp hemp hearts
- 3 tbsp sunflower seeds
- 3 tbsp herbs or spices (I used dried rosemary)*
- 1/2 tsp sea salt
- 3 tbsp sesame seeds toasted (optional)

Instructions

1. Combine the flaxseeds and chia seeds with the water in a mixing bowl. Mix well and ensure everything has been coated with the water. Let sit for 20 minutes.

2. Add all the remaining ingredients and mix well.

3. Spread the mixture as thinly as possible onto the parchment paper or lined dehydrator tray. Use the back of a spoon to smooth out the mixture so it is evenly spread, making sure there are no holes. If you want your crackers to be uniform, now is the time to score them with a knife (I prefer my crackers to be broken freestyle).

4. Dehydrate for 1 1/2 hours and then flip the cracker mixture over using a spatula. It should stay together, but still be a bit flexible at this point. Dehydrate for another 1 1/2 hours.

5. Break into your desired cracker size. Store in a sealed container on the countertop for 5 to 7 days.

About the author...



Hi! My name is **Rachel** and I am a Registered Dietitian and Certified Diabetes Educator who is passionate about nutrition that is healthy for our bodies as well as for the planet.

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