



ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 10 mins

Cook time: 20 mins

Makes: 30-50

INGREDIENTS

- ¾ cup flaxseed flour
- 1 stick celery
- 1 carrot
- 1 small zucchini
- 1 tomato
- 1 tsp salt

- 1 cup roasted almonds
- 1 cup sunflower seeds
- 1 tbsp protein powder, plain
- 1 tbsp smoked paprika
- 1 tbsp olive oil

METHOD

- Preheat oven to 180°C.
- Place all ingredients into food processor and blend until almost smooth.
- Lay one piece of baking paper over oven tray and spoon half mixture into centre.
- Lay a second sheet of baking paper over the top and roll with rolling pin.
- Roll until very thin, remove top sheet of paper and use as base for second half.
- Repeat with a sheet of paper on top, using the rest of the mixture.
- Remove top sheets of paper, and score/cut into cracker size pieces.
- Bake in oven for 20 minutes, removing outer edge crackers earlier if very thin and browning.
- Cool on wire rack.
- Store in fridge.

VEGETABLE CRACKERS

