

ALMOND SESAME CRACKERS

INGREDIENTS

1/2 cup Almond Flour
1/4 cup Coconut Flour
1/4 cup Dessicated Coconut
1/4 cup Sesame Seeds
1/4 cup Poppy Seeds
1/2-1 tsp Ground Cumin
1/2-1 tsp Ground Coriander
1/2-1 tsp Black Pepper
2 Tbsp Parmesan OR Grano Pandano
1/4 tsp Onion Powder
1-2 tsp Dried Herbs
2 tsp Psyllium Husk
2 Egg Whites

OPTIONAL:

1/4 tsp Garlic Powder

METHOD

Preheat the oven to 180C.

Combine all ingredients in a food processor and pulse until combined. Add a little water if too dry.

Roll out between 2 pieces of baking paper or cling wrap. (If you have 2 pieces of wood about 3mm thick either side to support the rolling pin to get the thickness even, it helps)

Use a cookie cutter to cut circles or just cut squares.

Place on a baking sheet well sprayed with Spray and Cook.

Bake for 20 to 25 minutes depending on size.

Cool on racks.