John's Macro Manager and Meal Planner

Almond and Flax Seed Crackers

Makes 40 servings

An amazing replacement for your chip and dip!

Almond and Flax Seed Crackers ingredients

1 cup(s) Nut, almond meal
0.75 teaspoon(s) Salt, sea
1 Tablespoon(s) Seed, linseed or flaxseed
3 Tablespoon(s) Water, tap

How to make Almond and Flax Seed Crackers

This recipe makes 40 crackers.

Step 1. Set your oven to 180 degrees Celsius.

Step 2. Put all ingredients (only 1/2 teaspoon of the salt) into a bowl and mix until a dough forms.

Step 3. Place the dough between two sheets of parchment/baking paper, on a firm surface, and gently press the dough flat and rectangular. Use a rolling pin to flatten the dough to approximately 3mm thick (1/8 inches).

Step 4. Remove the top parchment/baking sheet and cut the dough into 40 crackers using a knife or pizza cutter.

Step 5. Place the paper, with the cut crackers on it, onto a baking tray and bake in the oven for 25 minutes, or until golden brown.

Step 6. Let the crackers cool on the baking tray. Store any leftovers in a ziploc bag.

Enjoy these crackers with butter, cheese, or guacamole.

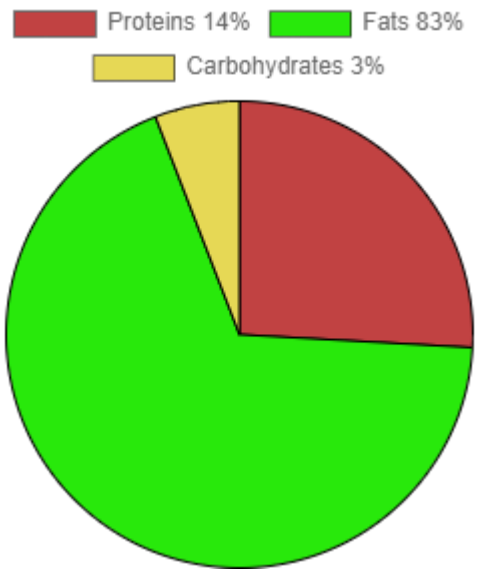
Nutrition Facts

Almond and Flax Seed Crackers

Amount Per Serving		
Calories 861.82	44%*	701.82
		% Daily Value*
Total Fat 77.98g		**52%**
Total Carbohydrates 6.7g		**14%**
Protein 29.58g		**31%**

* Percent Daily Values are based on the goals you've set and should not be taken as a recommendation.

Macronutrient Ratio



1.2M 448.6K 111.7K

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