

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.

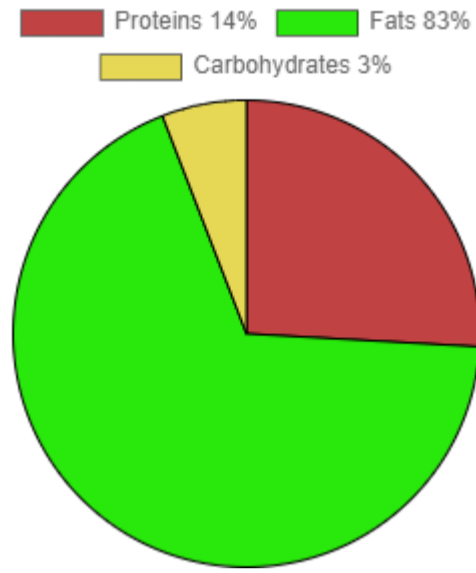
Step 6. Let the crackers cool on the baking tray. Store any leftovers in a ziploc bag.

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

June 10, 2019 Posted by **John Byrne** In : [Snacks](#)

John's Macro Manager and Meal Planner

Guacamole

Makes 800 gram(s)



A brilliantly healthy dip

Guacamole ingredients

510 gram(s) Avocado, raw

0.25 cup(s) Cream, sour, regular fat

100 gram(s) Lime, native, fruit

100 gram(s) Onion, mature, white skinned, peeled, fresh or frozen, raw

0.25 gram(s) Pepper, ground, black or white

0.25 gram(s) Salt, rock

100 gram(s) Tomato, common, raw

How to make Guacamole

Step 1: Remove the avocado pits.

Step 2: Mash the avocados in a bowl and stir until creamy.

Step 3: Add the sour cream, diced onion and tomatoes.

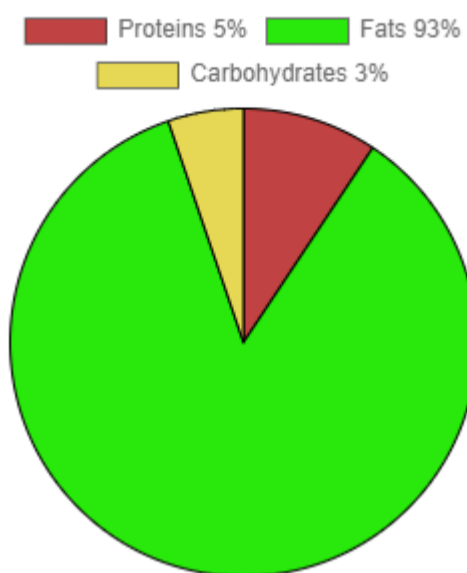
Step 4: Salt, pepper and lime juice to taste

Step 5: Serve in a bowl and enjoy with Keto Crackers

Nutrition Facts		
Guacamole		
Amount Per Serving		
Calories	1246.58	64%* 1140.57
% Daily Value*		
Total Fat	126.73g	84%
Total Carbohydrates	7.75g	16%
Protein	13.87g	14%

* 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

June 10, 2019 Posted by **John Byrne** In : [Side Dish](#)