

Quinoa Crackers

🕒 ❤️ GF

Crackers are a common lunchbox food, but many are laden with additives, preservatives, salt and yes, some even have sugar. These crackers are protein packed and tasty too.

Ingredients

- 1 cup cooked quinoa (cook per packet)
- 1/4 cup flaxseed
- 1/4 cup chia seed
- 1/2 cup water
- 1 tspn Herbamare (vegetable seasoning salt)
- 2 tblspns sesame seed
- 2 tblspns tamari sauce (can use soy sauce if don't have tamari)
- 1 tblspn coconut oil melted (or olive oil)



TIP: add additional flavours at step 3 if you wish

Directions

1. Preheat oven to 160 degrees and line baking tray with baking paper
2. Mix flaxseed and chia together in a bowl
3. Add water to the flaxseed and chia, and stir. Leave sit for about 5 mins. Stir again, when it's thick and goopy, it's ready
4. Add all ingredients including flax & chia mix to a your food processer
5. Pulse or blitz until a thick paste forms
6. Spread paste onto baking paper to about 2mm thick. (You can also roll it between 2 pieces of baking paper)
7. Use a knife to cut into your desired cracker shapes. (I get the kids to do this but use a bamboo skewer. We get all sorts of wonderful shapes - lol)
8. Bake in pre-heated oven for 25-30 mins until brown and crisp
9. Leave to cool on tray. Break in to the cracker pieces once cool. Store in air tight container.

Freezing / Storing Instructions

Not suitable for freezing but will last up to a week stored in an air tight container

Another 2 ways to use this recipe

- Serve with dips
- Serve with cheese slices.