

Flax Seed Crackers

Prep Time: 12 minutes + dehydration time

Flax Seed Crackers Recipe:

2 cups whole flax seeds (soaked in 2 cups water for 4 hours or overnight)

2 cloves garlic

1/2 lem, juiced

2 Tbsp Bragg Liquid Aminos

1 Tbsp fresh ginger

Instructions:

Place all ingredients in a food processor and blend until well combined, and until the garlic and ginger are completely ground.

Remove from processor and place on a Teflex sheet on top of a mesh dehydrator screen. Spread batter into a thin sheet about 1/8 inch thick or less.

Dehydrate at 105 degrees for 10-16 hours, depending on degree of crispness desired. Flip crackers and peel off Teflex sheet after 7-8 hours.

Recipe Credit:

“Living On Live Food”

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org