

## Gluten Free Crackers

Recipe:

Prep Time: about 20 mins

Cook Time: about 15 mins

Cook Temp: 350

Ingredients: 2 cups almond flour, 1 tsp sea salt, and 1 large egg

– to make this vegan you can also use an egg substitute such as bananas or applesauce

Hardware: Parchment paper, baking sheet, rolling pin, mixing bowl, & measuring cups

Start by mixing the two dry ingredients.

Beat the egg and add it to the dry ingredients.

Mix until it forms a dough. I did find it helpful to knead the dough on my cutting board to make it a soft and smooth texture. As well as to keep it together.

Place the dough ball between two pieces of parchment paper. Roll the dough out, making it as flat as you can. Considering rolling smaller sections at a time in order to make the dough thin. You want it to be fairly thin (depending on the type of crackers that you like!).

Cut the edges off as they'll be rounded and slice through the now flattened, rectangular dough. Slicing them into squares. Use a fork to poke holes into the squares.

Separate and place on a baking sheet lined with parchment paper.

Bake for about 8 minutes depending on thickness and watch every two minutes until golden brown.

Top with cheese of any variety, fruit, salmon, peanut butter – whatever you like and can eat! You can also enjoy these plain as they are quite delicious. You could also mix in spices, or add garlic butter to the dough. I also think you could use coconut flour for a different taste, as the almond flour will give it that nutty flavor.