Raw Flax Crackers

Ingredients

1 cup (150g) golden flaxseed (linseed)
2 tbsp (40ml) golden flaxseed meal (linseed meal)
3/4 cup (190ml) water
3 tsp (15ml) tamari (or braggs or soy sauce)
3 tsp (15 ml) agave (or maple syrup)
1 / 6 tsp onion powder
1 / 6 tsp garlic powder

Method

1. Mix the flaxseed and flaxseed meal in a bowl.
2. Combine the water, tamari, agave, and onion and garlic powder in a jug and mix until everything is thoroughly mixed.
3. Pour the water mix over the flaxseed mix and stir thoroughly.
4. Leave to sit for 10 to 15 minutes, stirring regularly, until the mix becomes thickened, but not too stiff.
5. Spread mix thinly over one dehydrator tray and score lightly with a spatula.
6. Dry for 12-36 hours at 40-45°C, flipping crackers once after 5-6 hours (optional).
7. Break crackers along score lines and store in an airtight container.

Makes

36 crackers

Equipment

Dehydrator (or oven)

Time

- Before: -
- During: 20 mins
- After: 12-36 hours (dehydrating)

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Recipe Prep Checklist

Ingredients

- ☐ 1 scant cup or 150g golden flaxseed (linseed)
- ☐ 2 metric tablespoons or 18g golden flaxseed meal (linseed meal)
- ☐ 3/4 cup or 190ml water
- ☐ 3 teaspoons tamari (or braggs or soy sauce)
- ☐ 3 teaspoons agave (or maple syrup, coconut nectar or yacon syrup)
- ☐ 1 / 6 teaspoon onion powder
- ☐ 1 / 6 teaspoon garlic powder

Equipment

- ☐ Dehydrator (set to 45°C / 113°F)
- ☐ Dehydrator tray with waterproof sheet (e.g. Teflex)
- ☐ Medium mixing bowl
- ☐ Spice grinder, coffee grinder or blender (optional, to make flax meal)
- ☐ Jug
- ☐ 1 cup measure
- ☐ 1/2 cup measure
- ☐ 1/4 cup measure
- ☐ 1 teaspoon measure
- ☐ 1/4 teaspoon measure
- ☐ Mixing spoon
- ☐ Spatula (for spreading out mix)

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