

CARROT AND FLAX CRACKERS

MAKES 30 / PREPARE 20 MINS / COOK 15 MINS

Ingredients

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| 100g | Carrot pulp or grated (use the fine teeth of about 1 carrot) | Provence or fresh or dried thyme or rosemary finely chop |
| 60 g | Ground Almonds | |
| 90 g | Whole flaxseed | |
| ½ tsp | Sea salt | |
| 1 tsp | Garlic powder or finely grated fresh garlic | |
| 1tbsp | Herbs or spices such as fennel seeds, herbs de | |

Instructions

Preheat the oven to fan 180C.
 Combine all the ingredients with your hands to make a dough, don't overmix otherwise it becomes too moist. Make sure the carrots have been squeeze so that is fairly dry.
 Bring the dough together into a ball and roll it between 2 sheets of baking parchment to a 3 mm thickness. When rolling out, try and roll out into a neat rectangle with straight edges as this will make easy to snap off evenly sized baked crackers.
 Keeping the top layer of baking parchment in place, gently mark the dough through the paper into 5 cm squares with the back of a knife. Otherwise use a cookie cutter. Carefully peel back the top piece of baking paper.
 Transfer the bottom layer directly onto the oven shelf.
 Bake in the oven for 12 minutes, and then check crackers. The ones on the outside will be nicely toasted and golden. Snap these off and put to one side (they will crisp as they cool). Return the rest of the crackers to the oven for a few more minutes until also crisp and toasted.
 Leave the crackers to cool on a wire rack for 20 min, and then finish snapping them and enjoy alone or serve with a dip. These will keep for 1 week in a sealed container in the fridge.



Nutrifacts



Carrots contain VITAMIN C that supports the immune system and β CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from β CAROTENE to support vision.

Almonds are high in fibre and vegetarian protein and a good source of dairy-free CALCIUM for healthy teeth and bones.

Garlic is high in an important antioxidant, Vitamin C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Flaxseed is high in FIBRE and a good source of vegetarian OMEGA-3 fatty acids, which help reduce inflammation and support brain development.