

# Herbal Legacy Recipes

## Almond Flax Crisps

Contributed by Susan Wells

### INGREDIENTS:

- Leftover almond pulp from making almond milk... about one-two cups
- 3 very ripe bananas
- 2 T. ground flax seed
- 2 T. whole flax seed
- 2 T. whole sesame seed
- 1 t. ground cinnamon
- 1/4 c. dried coconut flakes

### DIRECTIONS:

Smash bananas in medium sized bowl. Add rest of ingredients. Mix well. Spread out on dehydrator sheets (the ones without holes). Dry until crisp on low heat (105 degrees for approx. 12-24 hours).

Break up into bite-size pieces and store in quart-size Mason jar. Makes approximately 1 quart. Very yummy, healthy treat. I will also put in 2 T. dehydrated carrot pulp from juicing when I have a surplus...

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