

# Savory Emerald Crackers

(raw, vegan, gluten-free, nut-free)  
yields 11 x 10 x 1/4" sheet

## Dry ingredients:

- 2 cups (172 g) shredded dried coconut
- 2 Tbsps. flax seeds, ground
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp Himalayan pink salt
- 1/2 tsp spirulina
- 1/2 tsp organic turmeric root powder
- 1/2 tsp black pepper

## Wet ingredients:

- 4 kale leaves, chopped (3 cups or 81 g)
- 2 stalks celery, chopped (1 cup or 140 g)
- 1/2 cup parsley (15 g)
- 1/2 cup packed cilantro (15 g)
- 3/4" peeled fresh ginger piece (20 g)
- 2 Tbsps. apple cider vinegar
- 3/4 cup water
- 2 Tbsps. flax seeds soaked in 1/4 cup water



## Preparation:

- 1 Place the coconut, ground flax, cumin, coriander, salt, spirulina, turmeric and black pepper in the food processor, fitted with the "S" blade. Pulse to mix well.
- 2 Add the kale, celery, parsley, cilantro, ginger, vinegar, water and soaked flax seeds. Process until it is paste-like.
  - I didn't use the stems of the kale in this cracker.
- 3 Spread the batter onto nonstick dehydrator sheets, about 1/4" thick... any thinner and they will be weak in structure.
- 4 Score the crackers into the shapes and sizes that you want.
- 5 Dehydrate at 145 degrees (F) for 1 hour, then reduce to 115 degrees (F) and continue to dry for roughly 8 hours or until dry.
  - Halfway through the drying process, flip the crackers over onto the mesh sheet that comes with the dehydrator and peel off the nonstick sheet. Continue to dry.
  - If you don't have nonstick dehydrator sheets, you can use parchment. Don't use wax paper as the crackers will stick to it. Dry times will always vary based on climate, humidity, machine, etc.
- 6 Once cooled, snap apart and store in an airtight container on the counter for several weeks. If they start to soften, pop them back in the dehydrator to crisp them up.

Recipe from Amie-Sue at [nouveauraw.com](http://nouveauraw.com)