

Flax Seed Crackers

4 c. Brown or golden flax seed
1 c. Parsley
2 Garlic cloves
½ t Cayenne
2 Carrots
2 Celery
1 Onion- small
1 T. Himalayan salt or Real salt
4 c. Water

Add the parsley, garlic, carrots, celery and onion into a food processor on the S-blade and finely process. Or place in a blender slightly chopped veggies, add the water and blend up. Place all of the ingredients now finely chopped or processed into a bowl and add all the remaining ingredients. Place about 1-2 cups on a teflex sheet and spread thin about ¼ inch thick. Score in 4x4 inch sheets. Dehydrate at 105-115 degrees for 6-12 hours depending on where you live. Then turn and remove from teflex sheet and dehydrate an additional 6-12 hours until crispy. Store in air tight containers once completed.

Recipe by Kelly Pomeroy