

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Green Tea Ginger Lime Crackers

1/4 cup almonds

1/4 cup popped amaranth*

1/4 sunflower seeds

3 Tbsp fresh lime juice

1 1/2 Tbls lime zest

1 Tbsp coconut oil

1/2 Tbsp grated fresh ginger

1 tsp finely ground green tea leaves
(or 1/2 tsp matcha powder)

1/2 tsp agave nectar

Sea salt to taste



Preheat oven to 300 degrees F.

In a food processor, process all ingredients. Lightly oil a baking tray with coconut oil. Spread mixture on baking tray as thinly as possible. (Or, if you prefer slightly thicker crackers, don't spread as thin and bake for about 10 minutes longer.) Makes enough dough to fill approximately one standard-size (11x15 inch) baking tray. Score mixture with a knife to mark desired cracker size before baking.

Bake for 30 minutes. Remove from oven; let cool.

*To pop amaranth; heat a small amount of coconut oil, just enough to cover the bottom of the pan, over medium heat. Add a small amount of amaranth, just enough to cover the bottom of the pan. As it pops, remove it from the pan with a spatula and add more grains for popping.

Recipe shared from Thrive by Brendan Brazier.