



Flax Crackers

*Note: Must have a dehydrator to make these crackers (I recommend Excalibur dehydrator) Temperature: 125 degrees for about 8-10 hours

- 3 small tomatoes, quartered
 - $\frac{1}{4}$ onion
 - 2 cloves garlic
 - 3 celery stalks
 - Handful of herbs: parsley, basil, oregano
 - 1 tsp salt
 - Juice of 2 lemons (or limes)
-
- 1 cup ground flax seeds and 1 cup whole flax seeds
 - 2 cups water
1. Process tomatoes, onion, garlic, celery and herbs in food processor or blender and blend until pureed.
 2. In a separate bowl, combine ground flax with whole flax, add in 2 cups water and whisk well.
 3. Add pureed vegetable mixture to flax seeds mixture and blend all together well. Mix in the salt and lemon juice. Let sit together for 5-10 minutes and mix again until well combined.
 4. Pour mixture onto teflex sheets in thin layers (1 use about 4-5 sheets for this batch) and dehydrate at about 120-125 degrees. Score into squares (if desired) $\frac{1}{2}$ hour from beginning after top is dry, flip. Takes about 8-10 hours until they are done (but check on them regularly). If you don't score them, you can just break into "crisps" instead of perfect squared crackers.

*Other optional items to add to puree mixture (just add to food processor mixture)

Jalapeno or cayenne pepper (if you want them spicier)

Bell peppers

Kale or spinach

carrots

Other seasonings: Ground cumin, onion powder, garlic powder