

Heart Healthy Flaxseed Crackers

This recipe yields 1 medium tray and 40 servings using dividers

[Live. Life. Simple's: Freeze Dried Flaxseed Crackers - - Help Your Heart!](#)

Ingredients:

3-4 Cups Flaxseed meal or ground Flaxseed

2 Cups Water

Sriracha (optional)

Garlic seasoning (optional)



***These crackers are meant as a daily single serving cracker**

Directions:

1. In a mixing bowl, mix flaxseed meal and water. Add seasoning of your choice into the mix. Garlic or bagel seasonings go well with this mixture. I also like to add a couple squirts of sriracha or hot sauce.
2. Mix thoroughly until you have a paste-like texture. You can add a little extra water to help with spreading on the pan.
3. Spread mixture evenly onto pre-cut parchment lined freeze dryer tray. You can wet the back of a spatula to help with this.
4. Press the dividers into the mixture filled tray (set to 40 portion setting)
5. Freeze dry and remove dividers for a cracker size portion. These are shelf stable for 1-2 months
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 21 hours

Rehydration: not recommended



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray