

# Flaxseed Crackers

*This recipe makes 40 crackers in a 6 cup tray*



## Ingredients

**3 cups** flaxseed meal or ground flaxseed

**2 cups** water

Sriracha (optional)

garlic seasoning (optional)

## Directions:

1. In a mixing bowl, combine the flaxseed meal and water. Stir until well incorporated.
2. Add your preferred seasonings to the mixture—garlic powder or bagel seasoning work particularly well. For extra flavor, mix in a couple of squirts of sriracha or hot sauce.
3. Stir thoroughly until the mixture reaches a thick, paste-like consistency. If needed, add a small amount of extra water to make spreading easier.
4. Line a pre-cut parchment paper on a freeze dryer tray.
5. Evenly spread the mixture onto the lined tray. Using the back of a spatula dipped in water can help smooth it out.
6. Press the dividers into the mixture-filled tray, setting it to the 40-portion setting.
7. Freeze dry (my cycle time was 21 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. These are a heart healthy cracker that is meant to be a once a day boost to your dietary needs.

## Notes:

If you prefer a thicker cracker, increase the flaxseed quantity to 4 cups.

Flaxseeds contain high-quality protein with essential amino acids, making them a great option for vegetarians and vegans. They are also rich in Omega-3 fatty acids and helps lower bad cholesterol (LDL) and increase good cholesterol (HDL)

## Nutritional Value Per 1 cracker

Calories: 36 Protein: 2 g Fat: 3 g Carbohydrates: 2 g Sugar: 0 g Fiber: 2 g