

# Flax Seed Crackers

Number of Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

## Ingredients

You'll need a kitchen scale :)

50g whole golden flax seed

100ml of boiled water

30g ground golden flax seed

50g teff flour

20g sesame seeds plus more to sprinkle

1 tsp olive oil

Sweet rice flour or more teff flour for dusting the rolling surface

1/2 tsp fine sea salt

1 beaten egg to wash the dough or spritz with olive oil

seasonings for top of cracker can include:

sesame seeds

coarse sea salt

minced herbs like rosemary, thyme or herbs de province

crushed chili peppers

crushed pumpkin seeds

large cookie sheet or flat stone

## Instructions

Pre-heat oven to 350 degrees

In a medium size bowl place whole flax and the boiled water, mix well and set aside for 10 minutes to form a gel.

In another bowl, add the ground flax, teff, sesame seeds, olive oil and salt and mix well. Scrape the soaked flax seed gel into the bowl and mix very well. You can use your hands or a dough wisk. If the dough feels sticky, just put a little more teff flour onto the work surface and knead it in.

To roll out crackers, place a large piece of parchment paper onto your work surface and dust with rice flour, then place the dough onto to parchment and dust again with rice flour. Place a large piece of plastic wrap over the top and start to roll out the dough creating a large rectangle shape. Lift plastic wrap when it starts to wrinkle and replace before continuing rolling to prevent the dough from tearing. Dust with more rice flour to prevent sticking. Don't worry if it isn't perfect, that is what makes these rustic crackers look so neat.

You want the crackers to be thin, no more than 1/8".

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Brush with the egg wash or spritz with olive oil then sprinkle with the toppings of your choice.

Using a pizza cutter wheel or a sharp knife, cut the crackers into strips, then cut those in half or leave them long.

I use my pizza paddle to move the entire parchment onto my flat stone that has been pre-heating in the oven, but you can gently lift the parchment and place it on the cookie sheet (you may need to roll the dough out in two rectangles so that it fits to your size cookie sheet).

Bake for 15 minutes until golden and crisp. If there is any give in the centre when you press down, bake additional 3-5 minutes.

Remove from oven and let cool 10 minutes before breaking into pieces.