

Mary's Gone Crackers!

MyWholeFoodLife



Cook time: 30 min

Prep time: 15 min

Preheat oven to 350.

In a food processor, combine into mushy consistency: 1 C cooked brown rice

1 C cooked quinoa

Add in:

¼ C sesame seeds

¼ C flax seeds

¼ C chia seeds

Salt to taste

Add optional herbs:

thyme, oregano, sage, basil, parsley

Add in a bit of water and pulse until you have a mushy ball.

On a piece of parchment paper about the size of a baking sheet, place half of the mixture.

Using a rolling pin and some plastic wrap, roll out the mixture as thin as possible and then transfer the parchment and rolled mixture onto a baking sheet.

Repeat steps with the second half of the mixture.

Bake about 15 minutes.

Pull them out and carefully flip them and bake for another 12 minutes.

When they are done, carefully break them into bite sized pieces and bake for an additional 10 minutes or until pieces are crispy.

Makes about 25-30 crackers.

Vegan Gluten-free