



THOUGHTFUL COOKING WITH TINA

Spicy Flaxseed Crackers with Sundried Tomatoes (GF, DF)

SERVES 20 TO 24 PIECES · 3 HRS · GLUTEN-FREE · DAIRY-FREE

Gluten-free flaxseed crackers with sundried tomatoes, capers and lemon zest — savoury, omega-3 rich and dangerously good with a spread.

INGREDIENTS

100g (■ cup) whole organic flaxseeds
50g (■ cup) organic chia seeds
220ml lukewarm water
140g (■ cup) tahini
55g (■ cup) ground organic flaxseed
25g (¼ cup) organic almond flour
20g (■ cup) nutritional yeast
3 tbsp sundried tomatoes (sulphite-free)
1½ tbsp capers, rinsed (sulphite-free)
1 organic lemon, pulp only
1 tsp coriander seeds, lightly crushed
1 tsp garlic powder
½ tsp mustard powder (optional)
½ tbsp black pepper
½ tsp salt

ALLERGENS

Sesame (Tahini) · Nuts (Almond Flour)

METHOD

1. Soak the whole flaxseeds and chia seeds in 220ml lukewarm water for 30 minutes until they absorb the liquid and form a thick, gel-like consistency. Stir well with a spoon to even the absorption.
2. Lightly crush the coriander seeds and place them in a large mixing bowl. Add the ground flaxseeds, almond flour, nutritional yeast, garlic powder, mustard powder, black pepper, and salt. Mix well.
3. Pulse the sundried tomatoes, capers, lemon pulp, and tahini in a blender until finely mixed.
4. Add the blended mixture to the dry ingredients, then pour in the soaked flaxseed and chia gel. Mix everything thoroughly by hand until fully combined.
5. Roll out the mixture between two sheets of baking paper using a rolling pin to an even thickness.
6. Use a pizza cutter or knife to cut the dough into your desired cracker shapes.
7. Transfer to a baking tray and bake at 110°C for 2 hours, or until crisp and fully dried.
8. Allow to cool until just warm, then carefully lift and snap them apart along the cut lines.
9. Once fully cooled, store in an airtight container.

PER SERVING · estimated

~112 kcal · Protein ~4.15g · Fat ~8.3g · Carbs ~6.25g · Fibre ~4.2g