

# Thai Flax Crackers



Food processor required



Dehydrator required



## Ingredients

- 1 cup flax seeds
  - 2 cups flax meal (ground flax seeds)
  - 2 cups tomatoes
  - 1 cup carrots
  - 1 yellow bell pepper
  - 1 cup fresh coriander
  - 2T lime juice
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- 2T tamari
  - 2T cumin
  - 1T ground coriander
  - 1 cup broccoli florets
  - 1 cup spinach
  - 3T agave
  - ¼ cup fresh mint
  - 2 shallots
  - 3t chili powder
  - 2 g kaffir lime leaves (probably 15 medium sized leaves)
  - ½ t salt

## Preparation

Place flax seed and flax meal in a large bowl and set aside.

Thoroughly grind all remaining ingredients in a processor (or a Vitalmax juicer/Champion juicer if you have one).

Transfer mixture to the bowl with the flax seeds and mix in by hand.

Spread mixture thinly over 3 dehydrator sheets and dehydrate for 8 hours at 41<sup>o</sup>c, best done overnight.

Peel off the dehydrator sheets and dehydrate again until crispy. Cut into squares.

DEGREE OF DIFFICULTY:

Easy-peasey