



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Flax seed and juice pulp crackers

GL Per Serving: 4

Ingredients

- ½ cup flax seeds
- ½ cup juice pulp (I use beetroot/carrot/apple mix – not too fussy)
- 1 cup mix of ground almonds and ground sunflower seeds
- 1 tbsp herb de provence
- ½ tsp sea salt
- 1 garlic clove crushed.



Method

- Mix together by hand and knead until it sticks together in a ball.
- Roll it out between two sheets of greaseproof paper to about 2mm thick.
- Score through the paper to the size biscuits required.
- Remove top sheet of greaseproof paper and place on baking tray.
- Pop into pre-heated oven at 180°C for about 12 minutes.
- Check edge pieces as they can cook more quickly. Break them off and leave to cool.
- Cool and store in airtight container.

TIP
I use beetroot, or carrot mostly. However, I don't bother separating the pulp, so mine can include cucumber, ginger or apple! Experiment!