

Cassava Crackers



<30 min



70 crackers



Ingredients

1½ cups cassava flour
½ cups flax seeds (ground to a powder)
¾ cup water
1/3 cup olive oil
1 tsp rosemary
1 tsp thyme
½ tsp celery salt (or parsley)
1 tsp salt
¼ tsp pepper

Preparation

Mix all the ingredients in a food processor. With your hands mould the dough into a ball, making sure it all sticks together (add a little water until it does). Cut 2 pieces of parchment paper to fit the size of a cookie sheet and place the dough between the sheets and roll it out until it is about 1/8" thick.

Preheat the oven to 375°F. Remove the top layer of parchment paper. Place the parchment sheet with the dough onto a cookie sheet and bake for 10 minutes. Remove from the oven and use a pizza cutter (or knife) to cut into desired rectangle shapes. Place back in the oven and cook for another 5-10 minutes until golden brown. Let cool and serve.



These crackers are the Paleo version of the saltine. They are crisp, crunchy, and salty. They also contain beneficial resistant starch that feeds the friendly bacteria in your colon.

- Resistant starch & fiber (cassava, flax seed)
- Healthy fats (olive oil)
- Minerals (calcium, iron, zinc) & B vitamins (cassava)
- Inflammation support (saponins) (cassava)