

# FLAX CRACKERS

First buy a bag of flax seeds and a coffee grinder!

1. grind about 4 grinders full... at about 1/2 cup each, that's about 2 cups or so
2. place the ground flax in a bowl that will be large enough for it to grow with water, it will probably double or triple
3. I usually add as much water at the flax will absorb, so I add a little start with a cup and stir. I stir first with a fork and then at the end with a spoon to make sure I get it all. add more water, if you think it can take more, I guess if I had to describe the consistency I go for, it would be like pancake batter.
4. Set it aside and let it soak for several hours stir occasionally (I've even added water if it's too hard to stir (I've soaked anywhere from 3-6 hours)
5. add your flavor either when you add water or after it has soaked, it doesn't matter.
6. my favorite flavoring is a generous portion of bragg's herbs a table spoon or so and salt. It is perfectly ok to taste the batter to make sure you're not going overboard with salt. If you don't have bragg's herbs, the reason I like it is because of the rosemary, so sprinkle with rosemary, maybe a little onion and garlic powder.
7. Spread evenly on your parchment paper like you are icing a cake about 1/4 inch thick, try not to create a thick edge.

**Note about parchment paper:** I tear it off the roll, measuring from outer edge to outer edge of dehydrator, then once I have the square, I hold it on the tray and run my scissors around the outer, then fold in half loosely and in half again to cut my little center hole, leaving enough that it covers the lip slightly without covering the hole entirely, so you have plenty of air flow.

I have found it's best in my dehydrator to only do three trays at a time and not to add a new one until all of them are done so you are not adding more moisture for the dehydrator to keep up with. plus they get done faster!

Just cover the remaining batter and place it in the fridge, I've gone 5/6 days before using it.

Rotate the trays regularly, once done/hard, break them into what ever size you want and store them in an air tight bag or container. We find ours just disappear out of the dehydrator and then it's time to start again. A quick note... if you do empty a tray, I've found it's not best to add another tray until the others are done as well. The reintegration of moisture slows down the process.

Also don't forget to google in youtube for recipe's, many times you can see how they are prepared and even pause your computer to work along side the demonstrator.