

Flax Crackers

INGREDIENTS:

- 2 cups ground flaxseed
- 1 cup warm water
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder

PREPARATION:

Preheat oven to 400 degrees. In a large bowl, combine all ingredients and mix until an even dough forms. Spread evenly onto parchment or a silicon- lined baking sheet about ¼ inch thick. Gently cut dough into squares on the baking sheet to score the dough so it snaps after it's baked. Bake for 20-30 minutes until crisp and edges are browned, but not burnt.

<http://cleangreensimple.com/2011/05/flax-crackers/>

NOTES FROM THE COOK:

Snack