

SALT & PEPPER CRACKERS



PREP TIME

5 mins

COOK TIME

14 mins

TOTAL TIME

19 mins

Recipe type: Specific Carbohydrate Diet Legal, Grain/Gluten Free, Dairy Free, Paleo, Vegan

Serves: 25-30 crackers

INGREDIENTS

- 2 cups [Almond Flour](#)
- 2 tbsp water
- 1 tbsp olive oil
- 1½ tsp salt
- 2 tsp ground black pepper

INSTRUCTIONS

- 1 Preheat oven to 175 degrees Celsius
- 2 In a mixer combine the ingredients and blend until a dough forms
- 3 Place dough between two pieces of parchment paper and using a rolling pin roll out the dough evenly until its less then 1/8th of an inch thick
- 4 Remove top layer of parchment paper and place the bottom sheet of parchment paper with the rolled out dough onto a baking sheet
- 5 Using a knife cut a grid in the dough to form squares, this will make it easier to break the crackers into uniform size once baked.
- 6 Bake in the oven for 10-14 minutes or until the dough begins to turn golden in colour
Store in an airtight container for up to 5 days

I find these to be a bit too salty the first time I made them so you may want to cut back on the salt. I'm sure you could add any kind of seasoning/spice that you wanted to change the flavor of the crackers.

Vanilla-Cinnamon Chia Pudding



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INGREDIENTS

2 cups vanilla almond milk

½ cup chia seeds

2 tablespoons agave nectar

1 teaspoon ground cinnamon, plus more for serving, optional

½ teaspoon vanilla extract

⅛ teaspoon kosher salt

DIRECTIONS

- Combine the almond milk, chia seeds, agave nectar, cinnamon, vanilla, and salt in a large bowl. Stir until well combined. (Make sure the chia seeds are completely coated in almond milk in order to ensure proper absorption.) Cover and refrigerate for 2 hours. Stir before serving.

I used plain almond milk and added vanilla extract. I also used organic maple syrup instead of agave nectar. I add frozen berries to it and take it for a snack/breakfast at work. The berries are thawed by break time.

Frozen Fruit & Vegetable Smoothie Pucks

I use these in my protein powder shakes to add more fruit and vegetables into my diet. You can add/subtract whatever fruit or vegetable you would like in these. I don't use any specific amount of each ingredient, just play around with it.

You will need:

A blender (I use a Magic Bullet)
Almond milk or water
Frozen berries (or Frozen fruit blend)
Frozen cooked carrots
Fresh spinach

Add berries/veggies to blender cup to about 2/3 full leaving room for liquid (almond milk or water). Add the liquid and mix until fully blended.

Pour mixture into silicone muffin pan(s) and freeze. I use the mini muffin pan. The silicone pans make it easier to pop them out of the pan. Once frozen, I put the pucks in a freezer bag

I put 2-3 of these pucks in my protein shake.