



# The Wholeness Chef

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## **Rosemary Almond Flax Crackers**

*These crackers taste really, really good and are so simple to make. The whole process from mixing to baking should take no more than 17-20 minutes. This is a wonderful addition to lunches for kids or adults, or great snacks anytime of day. This recipe was inspired by Mark Sisson's vegan almond crackers. I've increased omega 3 content and fiber by adding flaxseeds.*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 1/2 cups Almond Flour (not almond meal)  
1/2 cup Ground Flaxseeds  
3/4 Tsp Sea Salt or preferred  
3/4 Tsp Ground Rosemary  
1 Tbsp Olive Oil  
3 Tbsp Water

### **Directions:**

1. Preheat oven to 350°F.
2. In a medium bowl, combine almond flour, ground flaxseed, salt, and rosemary.
3. Add in olive oil and water.
4. Mix dough until it forms into a ball.
5. Roll the dough into a ball and press between two sheets of parchment paper to 1/8 inch thickness, or desired thickness of crackers.
6. Remove top piece of parchment paper.
7. Transfer the bottom piece with rolled-out dough onto a baking sheet.
8. Cut dough into 1-inch squares with a pizza cutter.
9. Bake for 9-11 minutes, until lightly golden around the edges
10. Allow to cool to room temperature, about 10 minutes.
11. Enjoy! Store in a glass container to prevent breaking.