Modifying Simple Flax Crackers

Mexican Themed Variation

1/2 cup flax seeds
1/2 cup flax meal
3 to 4 medium tomatoes
1 cup sun-dried tomatoes, soaked 2 hours or more
1 tbsp lime juice
¼ cup fresh coriander (cilantro)
2 tsp dried coriander
1 tsp cumin
1 tsp smoked paprika
3 medium onions
1 clove garlic
½ teaspoon salt

1. Grind all ingredients in a food processor.

2. Spread evenly and thinly over 2 non stick dehydrator trays, right to the edges, and then use a knife or spatula to score into individual squares.

3. Dehydrate at 105 degrees for 3 hours. Then invert onto another mesh dehydrator tray to finish drying in the dehydrator for a further 10 – 18 hours.

Other ideas:

● Add 2 tbsp nutritional yeast.

● Swap out the tomatoes (fresh and/or sundried) for carrots or parsnip.

● Whatever you swap in - like carrots, for example - look those up in The Flavour Bible and get more ideas for other flavours to add.