



# 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.

