



Modifying Simple Buckwheat Crackers

1 cup pecan flour
1 cup sprouted buckwheat
3 tbsp olive oil
¼ cup flax meal
1 medium courgette (zucchini), peeled & roughly chopped
¼ cup dried cranberries
1 tablespoon lemon juice
2 tbsp nutritional yeast
1/2 tsp salt
2 tbsp apple cider vinegar

1. Grind all ingredients in a food processor until smooth.
2. Spread thinly on a non-stick dehydrator sheet.
3. Dehydrate for 2 hours, remove from the non-stick sheet and score into individual crackers.
4. Return to the dehydrator on a mesh tray until crispy.

Other ideas:

- Swap the almond flour for hazelnut flour. Add in pears & cinnamon.

