

# Savory Dill Flax Seed Crackers

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If you're looking for a great crunch, keep your mouth busy and fill you up quickly Flax Seed Crackers are it! These take hours to marinate-prepare so plan on eating them the day after you marinate them. One of the oldest crops around, Flax Seeds are a great source of Omega 3's, Lignans and Fiber, all of which many of our diets are lacking daily. They are also rich in vitamins and minerals.

**Ingredients:** (You can experiment with seasonings to make your own blend)

1 cup whole Flax Seeds

½ cup of water (this is where you can also be creative using pickle juice, apple cider vinegar). If you are making the recipe use pickle juice from a jar of pickles you have.

½ tsp. Garlic powder

¼ tsp. Pink Himalayan Salt

## **Instructions:**

1. Mix together in a medium bowl Flax Seeds, Pickle juice, Garlic powder and Pink Himalayan Salt. Cover and place in the refrigerator for 12-24 hours. The 24 hours is if you forget about them.
2. Remove Flax Seed marinade from refrigerator, stir again.
3. Pour Flax Seed marinade onto parchment paper (works the best) in a baking pan with sides. I found that using a cake spatula worked very well in spreading the mixture out to a thin "sheet," and will make crispy crackers.
4. Bake in the oven at 275 degrees for approximately 60 minutes. At the 60-minute mark you will want to make sure all of the moisture is gone. Once you take them out of the oven let them cool for a good 15 minutes. I found using a pizza cutter worked great for cutting out crackers. You may find that they also break a part easily. You can enjoy these by themselves or with your favorite dip. I enjoy them with my delicious homemade Hummus.

Cheers to delicious food that's good for you! Wishing you abundant health and blessings!