



Seeded Crispbread Crackers Three Ways (Gluten-Free, Grain-Free, Vegan, Paleo, Nut-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



1232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon aluminum free baking soda gluten-free
- ☐ 2 Tablespoons apple cider vinegar
- ☐ 2 Tablespoons chia seeds white (preferably)
- ☐ 0.5 teaspoon sea salt
- ☐ 1 serving olive oil with toppings. for brushing crackers
- ☐ 1 serving sea salt black assorted freshly ground

- ☐ 1 cup sunflower seeds raw
- ☐ 0.5 cup tapioca flour
- ☐ 2 Tablespoons water filtered (warm)
- ☐ 1 serving za'atar

Equipment


- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pizza cutter

Directions

- ☐ Pre-heat oven to 325 degrees F.
- ☐ Combine sunflower seeds , tapioca flour , chia seeds , salt and baking powder together in the bowl of a food processor; process until fine and powdery. With the motor running add the warmed water and apple cider vinegar through the shoot until dough starts to come together and forms a ball. Pat dough into a square onto a large piece of parchment paper and let rest for at least five minutes (dough will be sticky).
- ☐ Place another piece of parchment on top and roll each into a rectangle about 1/8- to 1/16 inch thick.Using a pizza cutter or sharp knife divide the dough evenly into long strips or rectangles.Prick crackers several times with a fork and sprinkle with additional salt if desired.
- ☐ Sprinkle with desired toppings, place parchment on top again and roll once over.
- ☐ Remove top parchment and place the bottom parchment on a baking sheet.
- ☐ Bake rotating once, until crackers are just starting to turn a golden color around the edges (about 20 to 22 minutes). Turn off oven, and let cool completely on baking sheet with door ajar for the crispiest crackers.Crackers can be stored in an airtight container up to one week.

Nutrition Facts



 PROTEIN **9.8%**  FAT **62.48%**  CARBS **27.72%**

Properties

Glycemic Index:60, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:55.27695663079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1232.33kcal (61.62%), Fat: 90.41g (139.09%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 90.27g (30.09%), Net Carbohydrates: 70.12g (25.5%), Sugar: 3.65g (4.05%), Cholesterol: 0mg (0%), Sodium: 1455.19mg (63.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Vitamin E: 49.34mg (328.92%), Manganese: 3.42mg (171.18%), Vitamin B1: 2.14mg (142.48%), Copper: 2.65mg (132.54%), Magnesium: 520.33mg (130.08%), Selenium: 84.35µg (120.5%), Phosphorus: 1202.19mg (120.22%), Vitamin B6: 1.81mg (90.39%), Fiber: 20.15g (80.61%), Folate: 318.68µg (79.67%), Vitamin B3: 13.34mg (66.69%), Iron: 11.11mg (61.7%), Zinc: 7.88mg (52.53%), Calcium: 352.48mg (35.25%), Vitamin B2: 0.52mg (30.62%), Potassium: 1004.49mg (28.7%), Vitamin K: 25.57µg (24.36%), Vitamin B5: 1.51mg (15.14%), Vitamin C: 2.76mg (3.35%), Vitamin A: 117.96IU (2.36%)