



# ITALIAN FLAX CRACKERS

SERVES 32

Here's a winning flax cracker recipe that's simple and delicious and can be modified in a multitude of ways according to your taste.



## EQUIPMENT

- Food processor
- Dehydrator



## INGREDIENTS

- 2 cups dry flax seeds (linseeds)
- 1 red bell pepper
- ½ cup sun-dried tomatoes
- 2 cups fresh tomatoes
- 1 lemon, juiced
- 1 clove fresh garlic and/or ½ large onion, chopped



## DIRECTIONS

1. Blend all ingredients together in a food processor. Add water if a little too dry.
2. Press mixture flat onto a Paraflexx sheet into a large square or rectangle using a spatula. A smooth backwards and forwards motion (like painting a wall) works best here until the surface is even.
3. Neaten up the edges using a knife or spatula, so the edges will be even when you've finished. Score the size of crackers you'd like with a knife or spatula before dehydrating. This can be 4x4 (standard size), larger ones for a pizza base or smaller ones for small snack-sized pieces.
4. Dehydrate around 115°F–125°F overnight and flip over once one side is dry. Dry to completion.



- Crackers like these are especially handy when you've run out of most of your fresh foods. Whiz up an easy pâté or nut "cheese", or make dips and simply spread on top.
- Flax seeds can either be milled first to produce a fine powder or used whole. They create a very different cracker.
- Store in an airtight container to preserve freshness. If dried to perfection they will last several weeks without issue.