

Raw Flax Crackers

From "The Raw Food Revolution Diet" by Cherie Soria et al.

Categories

Gluten-free

Yields: 20 servings

Preparation time: 20 mins

Cooking time: 0 mins

Category: Snacks and breads

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw



Ingredients

Flax seeds, not fortified	2.25 cup
Red bell peppers, raw	4 cups
Zucchini, raw	1.5 cup
Onion, white, yellow or red, raw	0.5 cup
Coconut sugar, coconut	0.5 x 1 tsp
Lemon juice, fresh	1 tablespoon
Garlic, fresh	3 cloves
Salt, sea salt	0.75 teaspoon

Instructions

Of the 2 and 1/4 cups flaxseeds, soak 1 cup for 8 - 12 hours or overnight in water. Do not rinse or drain flaxseeds. Both flax and water will be added to the recipe.

1. Grind about 3/4 cup flax seeds in a coffee grinder - more or less as needed. You will need 1 1/4 cup ground. Ground flax seeds increase in volume. Set aside.
2. Combine chopped bell peppers (or ripe tomatoes), peeled and chopped zucchini, diced red onion, coconut sugar, lemon juice, salt and garlic in a blender and process until completely smooth.
3. Transfer to a large bowl and stir in whole flaxseeds and their soaking liquid.
4. Sprinkle ground flaxseeds over the top and stir well. Allow to sit for 30 minutes at room temperature.
5. Place 2 1/2 cups of mixture on each dehydrator tray lined with non stick sheet. Evenly spread mixture using a spatula. Score into six or seven equal strips, then cross score to create squares. Each dehydrator tray is about 34cm square.
6. Dehydrate for about 12 hours at 105 F / 40 C, until the top is thoroughly dry, then turn the crackers over onto mesh dehydrator trays (without the non-stick sheets). This can be done easily by placing a mesh dehydrator tray on top of the crackers and turning the pair of trays together. If the score marks are no longer visible cut with scissors where the score marks should be. Continue dehydrating for 8 - 12 hours or longer, until completely crisp. Break into crackers along score lines.
7. Store in an airtight container in a cool dark place for up to 3 months.