

Sesame Seed Crackers

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Ingredients:

- 1 1/2 c sesame seeds
- 2 1/2 c blanched almond flour (or 1/2 flour and 1/2 meal)
- 1 tsp salt
- 2 tbsp grapeseed (or olive) oil
- 2 eggs
- 2 tbsp grated Parmesan cheese

Preparation:

1. Preheat oven to 350F.
2. In one bowl combine dry ingredients. In another bowl, combine wet.
3. Slowly add the wet to the dry until combined and consistency is thick.
4. Divide dough in half (option: freeze half) .
5. Form into log shape (shown) and proceed to cut crackers to 1/4" thick.

Bake 12-15 minutes or until lightly golden. Cool for at least 30 minutes (if you can wait that long).