

HOW TO MAKE

# *gluten free crackers*





Many people nowadays feels better by adopting gluten-free diets or just by reducing it, and this has also made people creative in their kitchen and enjoying experimenting adding new ingredients, flavours and more variety of nutrients! Here you the instructions to follow for cooking crackers, and a few ideas to start your gluten free creations.

And maybe with this you feel inspired and start creating your own ones! Enjoy!

# *The principles*

To make the **dough** for the crackers you can use all the following ingredients depending on your needs or preferences of taste.

You need to mix **the dry ingredients** (flour or grounded nuts) with **wet ingredients** (water, eggs, gelatine from flaxseeds or chia seeds, oil, milks...), and add the spices for the taste you like. That's it!

The **consistency** of the dough should be rollable but not too liquid, in that case add more of the wet mixture. And vice versa.

And the amount of wet mix depends on the type of flour or nuts you use, since they absorb it differently, each recipe will tell you!

When you **roll** your crackers on the baking paper, you can press the dough between two sheets to thin thickness, then remove the upper one, and then cut them into the shape you choose. Or simply, if you want to make it easier, make small balls and press each one into the shape you want. And you can keep the sheets to reuse them next time!.

The **baking time** in the oven is about 15-20 minutes, wait until the edges start to become golden if you want them crispy! And when you take them out from the oven, let them rest on a cooling tray and wait 1-2 hours to serve or store.

# *Your flours*

## GLUTEN-FREE

COCONUT

SOY

RICE

CORN

CHICKPEA

CASSAVA

GLUTEN FREE OATS

TAPIOCA

AMARANTH

BUCKWHEAT

## NUT & GLUTEN-FREE

FLAXSEEDS

ALMONDS

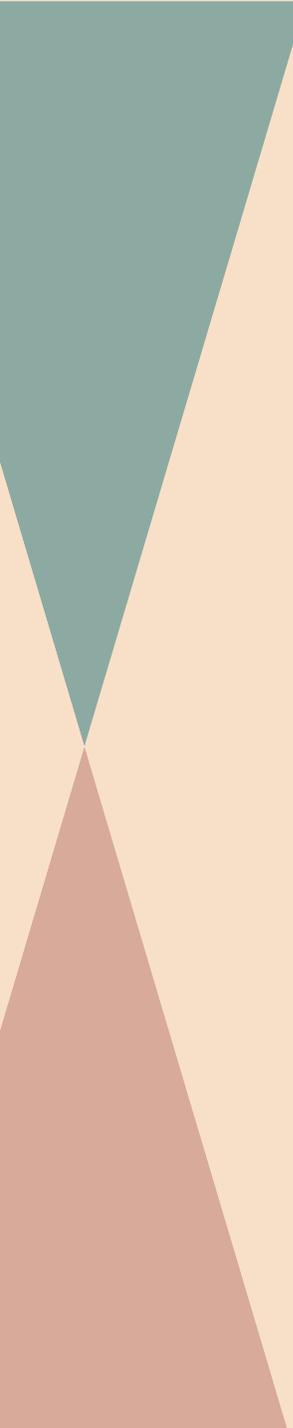
WALNUTS

HAZELNUTS

You can ground any nuts in a coffee grinder to turn them into flour, but do not do it for too long or you would get butter!

# *Instructions*

1. Preheat oven to 180°
2. Mix all dry ingredients
3. Mix all wet ingredients
4. Combine them and well mixed
5. Press dough between 2 pieces of baking sheet to a thin thickness. Then remove the upper sheet, and cut into squares. Or just make small balls and press them on the paper to the shape you want
6. Bake for around 15-20 minutes at 175°, and let it dry on a cooling tray and wait for around 1-2 hours before serving or storing.
7. All of them include how to make vegan and non vegan versions, and specific guidelines if any instructions are different.



# *Add your taste*

Himalayan salt

black pepper

rosemary

oregano

curcuma

grounded ginger

roasted sesame seeds

crunchy nuts

raisins

goji berries

cinnamon

cheese

and, stevia or honey for sweetness!

## VEGAN OPTIONS

In crackers each egg can be replaced by one spoon of grounded flaxseeds or chia seeds mixed with three spoons of water; 1/4 cup mashed bananas or pumpkin purée, or 1.5 spoons of oil.

## STORAGE

When salt and sugar in crackers are in contact with air, they absorb the moisture or water in it, and this soften the crackers. Like for all cooked food, air is what makes them go off, so store them in an airtight container to last longer, at least for 3 weeks, with their crispiness still crispy.

# *The Recipes*



# *Basic 4-ingredients crackers*

2 CUPS ALMOND FLOUR

1 LARGE EGGS

1/2 TEASPOON SALT

1/2 TEASPOON GROUND BLACK PEPPER 2 SPOONS HERBS OF  
CHOICE

Vegan version:

- you can use 1 tablespoon of grounded flaxseeds instead of an egg. Mix the chia seeds with 3 spoons of water and leave it at least 15 minutes until it becomes gelatinous.

# *4-ingredients & Omega-3 crackers*

1 CUP GROUNDED FLAXSEEDS

1/2 CUP WATER

1/2 TEASPOON SALT

SEASONING: 1/2 TEASPOON GROUND BLACK PEPPER & 2 SPOONS  
HERBS OF CHOICE

Flaxseeds are the nuts with highest concentration of Omega-3, the famous unsaturated fat super important for the immune system, bone health, emotional wellbeing and brain's health!

# *Mediterranean crackers*

2 CUPS BLANCHED ALMOND FLOUR

1/4 TEASPOON HIMALAYAN SALT

2 TABLESPOONS HERBES DE PROVENCE, DRIED OREGANO, AND  
ROSEMARY

1 TABLESPOON OLIVE OIL

2 TABLESPOONS WATER

Almond flour gives a nutty taste that goes very well and fits with mediterranean flavours! And of course, you can accompany these crackers with olives, wine and feta cheese!

# *The coconut crackers*

3 SPOONS COCONUT FLOUR

1 EGG, 2 SPOONS SOFT BUTTER OR 2 SPOONS COCONUT OIL

1/4 CUP WATER

1/2 TEASPOON BAKING POWDER

1/4 TEASPOON SALT AND OREGANO

Coconut flour is a gluten-free/grain-free flour and it is very rich in nutrients (lots of fiber, protein, iron, and fat), and it absorb moisture very fast, that is why it usually requires more eggs or water when used as replacement in baking traditional recipes! And since it absorb moisture very fast, to store it and keep it fresh for longer, it's best to keep it airtight and even to freeze it.

# *Multi-seeds with almonds crackers*

1 CUP BLANCHED ALMOND FLOUR

1/4 TEASPOON SEA SALT

1/4 TEASPOON BAKING SODA

1 EGG OR 1/4 CUP COCONUT OIL

1 TABLESPOON WATER

1/2 CUP UNSWEETENED SHREDDED COCONUT

1/2 CUP PUMPKIN SEEDS & 1/2 CUP SUNFLOWER SEEDS

1/4 CUP ALMONDS

1/4 CUP RAISINS

## Variations:

- You can use grounded flaxseeds instead of almond flour.
- You can replace coconut oil by one egg, in a non vegan version.

# *Multigrain crackers*

1 CUP SUNFLOWER SEEDS

1/3 CUP PUMPKIN SEEDS

1/2 CUP GROUND FLAX SEEDS

1/4 CUP ROASTED SESAME SEEDS

2 TABLESPOON CHIA SEEDS

1,5 CUPS GLUTEN FREE ROLLED OATS

3 TABLESPOON COCONUT OIL OR 1 EGG

1,5 CUPS WATER

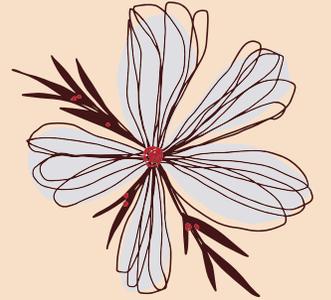
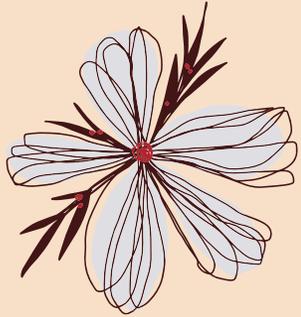
HIMALAYAN SALT, ROSEMARY, OREGANO AND BLACK PEPPER

How to make the flour from oats: You just need to blend the oats in a coffee grinder until they are turned into powder, that will be your flour!

Variations:

- You can use coconut oil instead of an egg
- You can replace coconut oil by another vegetable oil of your choice
- You can add nutritional yeast to give a cheesy vegan taste

*Thank you!!!!*

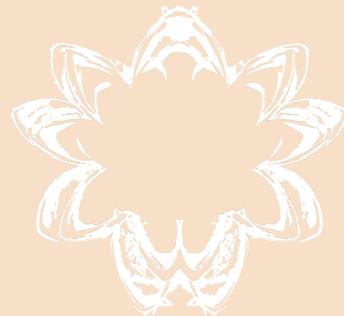


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