

RECIPE



Carrots and Flaxseeds Crackers

These crunchy, gluten-free crackers are a nutritious and flavorful snack, perfect for pairing with dips or enjoying on their own. Packed with the goodness of pumpkin seed flour, flaxseeds, and carrots, they offer a blend of protein, healthy fats, and fiber.

Ingredients

(20-24 crackers)

2 oz grated carrot (approximately 1 carrot, grated finely)

3½ oz pumpkin seeds flour

3 oz whole flaxseed

1 tsp. garlic powder

1 Tbsp. mixed herbs and seeds (choose from fennel seeds, Provence herbs, dried thyme, rosemary and basil)

½ tsp. sea salt

Instructions

Preheat oven to 350°F

In a large bowl, combine all ingredients with your hands to make a dough, but don't over mix or it will get too wet.

Shape the dough into a ball and place it between two sheets of parchment paper. Roll it out to a thickness of 1/8 inch, forming a clean rectangle with straight edges for even-sized crackers.

With the top parchment sheet still in place, gently score the dough into 2-inch squares using the back of a knife. Take care not to tear the parchment paper. Remove the top parchment layer carefully.

Transfer the parchment with the dough onto an oven rack or baking mesh. Bake for 12 minutes, then check for doneness. Remove the outer crackers that are browned and crisp, allowing them to cool.

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

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Return the remaining crackers to the oven and bake for another 6–8 minutes, until crisp and golden.

Allow the crackers to cool completely on a rack for 20 minutes. Break them apart along the scored lines and enjoy as is or pair with your favorite dips.

Health Benefits of This Recipe:

- Pumpkin Seed Flour: High in protein, magnesium, and zinc, promoting muscle repair and immune health.
- Flaxseeds: Rich in omega-3 fatty acids, lignans, and fiber, supporting heart health and digestion.
- Carrots: Add natural sweetness and beta-carotene for eye health and immune support.
- Herbs and Spices: Garlic powder, thyme, and rosemary provide antioxidants and anti-inflammatory properties.

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