

Crackers

Ingredients

1 egg
1 tablespoon oil (I use olive or melted coconut)
1/3 cup tapioca flour
2/3 cup almond flour
1/2 cup sesame seeds
1 tablespoon poppy seeds
1/4 tsp salt
1/4 tsp pepper

Toppings (optional):

Pesto
Tomato
Sliced cheese
Cream cheese
Basil



Method

1. Heat oven to 180C
2. Whisk the oil and egg in a bowl and then add the rest of the ingredients.
3. Mix to form a dough. If too sticky add extra tapioca.
4. Roll out between two sheets of baking paper to about 3mm thick.
5. Cut into desired shapes and place on a lined baking tray.
6. Bake 12-15 mins depending on your oven, until just turning slightly golden in colour.
7. Cool on a rack.
8. Add toppings or garnishing of choice.

Recipe provided by Pure Food Kitchen -
with photography by Nicole Percy



Purefoodkitchen.co.nz