Spring Onion & Red Pepper Crackers

Ingredients:

2 cup nut milk pulp (wet)
1/2 cup almonds, soaked
4 spring onion
1/2 red bell pepper
1 zucchini (peeled)
2/3 cup golden flax seeds
salt & pepper to taste

You can use addition of nutritional yeast (if you prefer) as a flavor boost. Nutritional yeast is an inactive yeast, often used for its savory, cheesy flavor.

• Using a food processor blend together spring onion and red pepper - set aside.
• Add remaining ingredients in the food processor and process until well mixed (periodically to scrape down the sides and help the mixture turn over).
• Add the finely chopped onion and pepper to the mixture and pulse a few times.
• Form into a loaf; roll flat with a rolling pin; then use knife to make the shape.
• Place crackers on a dehydrator sheet.
• Dehydrate at 140°F for 1 hour,
• Decrease heat to 118°F and continue to dehydrate until done for approximately 8-10 hours, depend on how wet the pulp. You want these crispy.
• Store them in an airtight container and use within 5 days.

Enjoy!