

Green Juice Pulp Crackers

Makes 1 and a half tray

You'll need: food processor, dehydrator

Preparation time: 20 minutes

Total time: approximately 12 hours

Ingredients:

4 cup fresh green juice pulp (mine is mix of spinach, broccoli, parsley, parsnip, cucumber, green bell pepper)

4 cup corn kernel

juice of 1/2 lime

1/4 cup water

1/4 cup chia seeds

1/2 cup flax seeds (ground)

3/4 cup almond (soaked)

salt and pepper to taste



Blend everything (except flax, chia and almonds) until smooth.

Next add almonds and pulse a few times.

Remove mixture from food processor and pour into a large bowl.

Next add in the ground flax, chia seeds and stir together until evenly combined.

Spread evenly over dehydrator sheets about 1/2 inch thick.

Dehydrate at 140°F for 2 hour, decrease heat to 118°F and continue to dehydrate at 118 for 5 hours. Use knife to create the desired shapes. Flip and remove dehydrator sheets. Continue to dehydrate for another 5 hours or until dry. You want these very dry. Store them in an airtight container.

Enjoy!