

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!