

# Almond & Parsley Crackers

## Ingredients

Ground flax seeds (1 tbsp)  
Water (3 tbsp)  
Ground almonds (2 cups)  
Fresh Parsley (1 tbsp) - chopped  
Olive oil (1 tbsp)  
Herb salt (1/2 tsp)  
Garlic powder (1/4 tsp)  
Ground black pepper to taste

## Method

Pre-heat the oven to 180 degrees. In a large bowl mix together the flax and water and allow to stand for 5 minutes. Add in the ground almonds, parsley, oil and seasonings until well combined. Use your hands to form into a dough. Place on baking paper and place another piece of baking paper on top. Roll out to about 1/4 inch in thickness. Use a knife or pizza cutter to cut into squares. Bake for 12-14 minutes until they are slightly golden. Flip them over and bake for a further 2 minutes. Cool and serve.