

# Anytime Crackers

Wow your friends and family! In less than an hour, you can make these delicious homemade crackers! So easy to make, and versatile. Add your own herbs, spices, nuts or seeds. Perfect served with Angela's [Roasted Red Pepper Walnut Spread](#) or [Fresh & Easy Guacamole!](#)



## Ingredients

2 cups	brown rice cooked
2 cups	quinoa cooked
2/3 cup	unhulled sesame seeds
1/2 cup	flax seeds
2 Tbsp	tamari
1 tsp	sea salt
3 Tbsp	olive oil or avocado oil

## Instructions

1. Place flax seeds in a small bowl and cover with water. Let soak 20 minutes.
2. In a dry skillet over medium heat, toast sesame seeds for 3-5 minutes or until fragrant. Remove from heat to cool.
3. Blend cooked rice, quinoa, soaked flax seeds, salt, tamari and oil in a food processor until a dough is formed. Dough should form a ball. Add water 1 tablespoon at a time until it does so.
4. Add toasted sesame seeds to dough and pulse to incorporate.
5. Preheat oven to 350° F / 175° C.
6. Take out 1/3 dough and place on parchment paper. Add desired herbs, spices, nuts, seeds and knead to incorporate. Season to taste.
7. Place another sheet of parchment paper on top of dough and use rolling pin to flatten into a very thin even slab of dough. Remove top layer of parchment and score the top of dough into desired shapes. Slide parchment onto large cookie sheet.
8. Bake 25-35 minutes or until crispy and golden. Cooking time will vary based on thickness of dough. Cool completely. Break crackers along score lines. (You may have to break off the outer crackers and return dough to oven to finish the inner ones.) Store in airtight container. Crackers will keep up to a week.

**Serving Size:** 4-5 crackers depending on size.

## Notes

- ✚ delicious served with Angela's [Roasted Red Pepper Walnut Spread](#) – See recipe on website [www.vitalandwell.com](http://www.vitalandwell.com)
- ✚ favorite mix ins: garlic powder, dried rosemary and basil, paprika, cumin, cinnamon.
- ✚ gluten free dairy free & vegan
- ✚ use organic or at least non-gmo verified ingredients when possible
- ✚ recipe created by Angela Stanford, RDN, CHWC. Copyright © 2017 Angela Stanford's Recipes, all rights reserved