

Carrot-Ginger Crackers

Tasty raw crackers can be a mainstay in any raw food home especially when weaning loved ones from the synthetic crunch factor of packaged products. We have been taught to adore crunch, and yearn for it. Here are a few easy techniques and a good basic cracker recipe that may help you bridge the gap from habit to healthy.

Yields 25-50 crackers depending on size

Thickener:

1 teaspoon whole brown flax seeds

1 teaspoon whole golden flax seeds

2 Tablespoons water

In a small jar, combine the brown and golden flax seeds and water and soak for 4-6 hours or until thickened and gelatinous. Set aside.

Pulp:

2½ cups carrots rough chopped (2 large carrots)

3 cups Gala apple rough chopped (2 medium apples)

¼ cup water (optional) – use if necessary to blend

In a high speed blender place chopped carrots and apples and blend until smooth. Strain blended mixture through the ***More than a Nut Milk Bag***, catching the juice in a bowl or pitcher. Reserve juice for another recipe or drink. You will be saving the pulp in the nut milk bag for use later in this recipe. Yields roughly 1 cup pulp.

1 cup walnuts soaked and dehydrated preferred but not necessary (see page 25)

Place walnuts in a food processor and grind to a fine meal, uniform in size, no chunks.

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...Recipe continued from other side

1 cup almond pulp

1 cup carrot-apple pulp

¼ cup ground flax meal (about 3 Tablespoons whole flax seeds)

1½ Tablespoons lemon juice

¼ teaspoon garlic powder

¼ teaspoon ginger powder

¼ teaspoon salt

1 Tablespoon nutritional yeast

To the food processor with the ground walnuts, add almond pulp, carrot-apple pulp, ground flax meal, lemon juice, garlic and ginger powder, salt, nutritional yeast and soaked flax seeds.

Process until mixture is well combined and uniform in consistency. Rocking the food processor helps with consistency.

Line one dehydrator tray with both grid and Paraflexx sheet. Use an off-set spatula to spread the full amount of the mixture to 1/8 - ¼ inch thick. Score into desired shapes. Note: mixture will be very thick.

Dehydrate at 115° for about 2 hours or until dry to the touch. Flip your crackers and remove the Paraflexx sheet. Continue dehydration until crackers are completely dry and crunchy – approximately 10 hours more. Crackers can be stored in an air-tight glass container for up to 3 months.

