

Parmesan Crisps (gluten-free, nut-free, grain-free, egg-free)

Crisp and snappy!

Ingredients

3/4 C tapioca flour

1/2 C grated Parmesan cheese (when packed it should measure approximately 1/4 C)

3 Tb ground flax seeds (I grind mine in an old coffee mill)

1/2 tsp salt

3 Tb water

2 Tb cream (alternatively you can omit water and cream and add 5 Tb whole milk)

1 Tb olive oil

Process

- Preheat oven to 325.
- Combine all ingredients except liquids (water, cream, and oil) in your food processor.
- Pulse a few times to combine.
- Add liquid ingredients and process until thoroughly combine and looking crumbly but moist.
- Open up your food processor and pinch a small handful together in a ball. If it holds together then you're good to go.
- If it's too dry and crumbles apart add additional water 1 tsp at a time. If it's very wet and sticky add additional tapioca flour 1 tsp at a time.
- Turn out onto a sheet of parchment paper, form into a ball, and flatten.
- Roll out very thin (as thinly as you can!) and then cut into cracker shapes with a pizza cutter or knife. Keep your crackers under 2.5" across, otherwise they tend to be sticky in the middle. If your dough is unruly you can roll it out between two sheets of parchment. I don't find it necessary, but just in case.
- Bake for 20 - 25 minutes, remove from oven, and cool on a cooling rack.
- In the unlikely event that you have leftovers, store them in an airtight container.

Paleo Sesame Seed Crackers (paleo, gluten-free, egg-free, dairy-free, vegan)

Tender crisp, crumbly, and rich.

Ingredients

3/4 C tapioca flour

2 Tb coconut flour

1/4 c almond flour

2 Tb sesame seeds

2 Tb ground flax seeds

generous 1/2 tsp salt

3 Tb olive oil

3 Tb water + more as needed

Process

- Preheat oven to 350.
- Combine all ingredients except water and oil in your food processor. Pulse a few times to combine.
- Add liquid ingredients and process until thoroughly combine and looking crumbly but moist.
- Open up your food processor and pinch a small handful together in a ball. It should hold together easily without being sticky. (If it's too dry and crumbles apart add additional water 1 tsp at a time. If it's very wet and sticky add additional tapioca flour 1 tsp at a time.)
- Turn out onto a sheet of parchment paper and form into a ball. Let rest for five minutes.
- Flatten out dough and roll out between two sheets of parchment.
- Cut into cracker shapes with a pizza cutter or knife.
- Bake for 15 - 20 minutes, remove from oven, and cool on a cooling rack.
- In the unlikely event that you have leftovers, store them in an airtight container.