

Fruit & Seed Crackers (Gluten Free)

PREP TIME: 1 hour (includes ~50 min freezing time)

TOTAL TIME: 2 hours

Servings: ~ 20 crackers



Ingredients

Cracker

1 cup oat flour

1/2 cup sweet potato puree (pureed pumpkin would also work)

1/4 cup raw unsalted sunflower seeds

1/4 cup golden raisins

2 Tbsp ground flax seeds

2 Tbsp whole rolled oats

1 Tbsp chia seeds

2 Tbsp water

Pumpkin Goat Cheese

2 oz plain goat cheese

2 Tbsp canned plain pumpkin puree

1/8 tsp sea salt

1. In a large bowl combine all cracker ingredients and stir with a spoon until cohesive dough is formed. Using slightly wet hands, roll dough into a cylinder about 8" long and 3" in diameter.
2. Place dough cylinder on a sheet of parchment paper and set in the freezer until frozen, about 50 minutes or longer. The dough can be made a few days in advance. It is important to not skip this step as freezing the dough allows you to cut the crackers super thin.
3. Preheat oven to 350 degrees and place parchment paper on a large baking sheet. Once the dough is frozen, let sit at room temperature for about 10 minutes.
4. Use a sharp knife to cut crackers into thin pieces; the thinner the crackers, the quicker they will cook. If the dough is frozen solid, you will not be able to cut through the dough. If this is the case, allow the dough to thaw out for a few more minutes.
5. Once all crackers have been cut, place in a single layer on the prepared pan and bake for 15 minutes - flip crackers at the halfway mark. Turn oven off and allow crackers to cool down with the oven. This step helps make the crackers extra crunchy.
6. Meanwhile, combine pumpkin goat cheese ingredients in a small bowl and mix well. Dip and enjoy! Crackers will store in an airtight container for up to 2 weeks.