AMERICAN · SNACK

Three-Ingredient Almond Flour Crackers

22 min · Makes 6 × 5 crackers · 229 kcal a portion · Video 7:25 · Wholesome Yum

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed

Grain-free and gluten-free crackers made from almonds and egg: 3.5 g net carbs, about 5 g of fibre and 9 g of protein a serve, rich in vitamin E and magnesium, with no added sugar.

Diet notes: Keto (3.5 g net carbs a serve); Low saturated fat (1.7 g, 7% of the energy); DASH-friendly (200 mg sodium a serve).

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Ingredients 3 · MAKES 6 × 5 CRACKERS

- [ ] 470 ml **blanched almond flour** (about 224 g)
- [ ] ½ tsp **sea salt**
- [ ] 1 large **egg**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175 °C and line a baking sheet with baking paper. 1:50
2. Whisk the almond flour and salt to break up any lumps. Add the egg, beat it lightly in the centre, then press and mix with a spatula until a moist, crumbly dough forms; squeeze it into a ball. 2:11
3. Roll the dough between two sheets of baking paper as thin as you can (3 mm at most, thinner is better), patching any cracks to keep an even rectangle. 3:18
4. Cut into rectangles or squares, move them to the tray with space between, and prick each one with a fork so they bake flat. 4:11
5. Bake for 8–12 minutes until golden, watching closely at the end as they burn quickly. Cool on the tray until firm. 5:27

> **Tip** Keeps 1–2 weeks in an airtight container, or freeze. For flavour, mix about 1 tsp Italian herbs, garlic powder or everything-bagel seasoning into the flour. If the dough is sticky, chill it briefly.

The method is a summary in our words — the video shows every step.

One portion (5 crackers) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
229 kcal	9 g	8.2 g	4.7 g	20 g	200 mg
960 kJ	18% of a day	3.5 g net · 1.7 g sugars	17% of a day	1.7 g saturated	9% of a day
		3% of a day		25% of a day	

Energy from net carbs 6% · protein 16% · fat 78% — fits keto: 3.5 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin E 64% · Magnesium 24%

Source of (10–19%) Zinc 11%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=7w1WuLHP7qE, published 9 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/almond-flour-crackers