AMERICAN · SNACK

Crispy Whole Flaxseed Crackers

190 min · plus overnight soaking Makes 8 × 4 crackers 113 kcal a portion

Video 6:06 · Food Wishes

Vegan | Paleo | Gluten-free ingredients | No nuts listed

Flax seeds and water with no flour: under 0.5 g of net carbs and about 6 g of fibre in four crackers, plus plenty of plant omega-3 (ALA). Vegan and gluten-free.

Diet notes: Keto (0.4 g net carbs a serve); Low saturated fat (0.8 g, 6% of the energy); DASH-friendly (220 mg sodium a serve).

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Ingredients 6 · MAKES 8 × 4 CRACKERS

- [ ] 240 ml **raw whole flax seeds**, brown or golden (about 168 g)
- [ ] ¾ tsp **salt**
- [ ] ¼ tsp **garlic powder**
- [ ] ¼ tsp **onion powder**
- [ ] a pinch of **cayenne**
- [ ] 240 ml **cold water** (soaked up, then dried out in the oven)

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

Allergens found in the listed ingredients: none. 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. Put the flax seeds in a bowl with the salt, garlic powder, onion powder and cayenne. Add the cold water (the same volume as the seeds) and stir with a fork. 0:31
2. Cover and refrigerate overnight (a few hours at least), until the seeds have absorbed all the water and turned thick, sticky and pliable. 1:17
3. Heat the oven to 95 °C. Spread the mixture on a baking sheet lined with a silicone mat or baking paper, about 3 mm thick, as evenly as you can. Don't go thinner or the crackers will be fragile. 1:57
4. Score it into 32 rectangles with a bench scraper or knife. Bake in the centre of the oven for about 3 hours, re-marking the score lines after the first hour, until dark and fully crisp. 3:00
5. Turn the oven off and let the crackers cool inside with the door slightly open so they dry completely, then snap them apart along the lines. 4:04

> **Tip** Lovely with sharp cheddar or dips. They soften after about a day; re-crisp in a low oven for 30 minutes. Whole flax seeds are not fully digested, so go easy at first if fibre bothers you. Use ½ tsp salt for a milder cracker.

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

One portion (4 crackers) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
113 kcal	3.9 g	6.2 g	5.8 g	8.9 g	220 mg
470 kJ	8% of a day	0.4 g net · 0.3 g sugars	21% of a day	0.8 g saturated	10% of a day
		2% of a day		11% of a day	

Energy from net carbs 2% · protein 16% · fat 82% — fits keto: 0.4 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Omega-3 299% · Magnesium 20%

Source of (10–19%) Selenium 10%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=ilYNhdQ7PAc, published 29 November 2017. 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/food-wishes-flaxseed-crackers