

Everything Crackers

What you will need:

- 2 cups flaxseed meal
- ½ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. Onion powder
- ½ tsp poppy seeds
- 1 tsp. sesame seeds
- 1 cup water

What to do:

- Preheat oven to 400 F and line a baking sheet with parchment paper and set aside.
- In a large bowl combine all dry ingredients.
- Add water and mix until a dough forms.
- Spread onto the prepared baking sheet and flatten to 1/8 inch squares.
- Bake until crisp and the edges are browned about 25-30 minutes
- Let cool completely before dividing and serving.

Enjoy!