

Easy Almond Pulp Crackers (Vegan, Paleo)

<https://detoxinista.com/easy-almond-pulp-crackers-vegan-paleo/>

Makes about 20 crackers

Ingredients

- 1 scant cup wet almond pulp (the amount leftover from making 1 batch of almond milk)
- 3 tablespoons olive or coconut oil
- 1 tablespoon ground flax or chia seeds
- 1/4 teaspoon fine sea salt
- 2 tablespoons fresh herbs , or 2 teaspoons dried herbs, such as chives, rosemary, or parsley
- 1 garlic clove , minced (optional)
- Water , as needed

Note: Due to reader feedback, this recipe has been updated to add the ground flax and water, to help make a vegan “flax egg” for binding this dough together better. Other readers have reported using a real egg with success, if you’d prefer to try that and omit the water and ground flax seeds.

Instructions

Preheat the oven to 350F.

In a large mixing bowl, combine the almond pulp, oil, ground flax or chia seeds, salt, herbs, and garlic, if using, and stir well.

If the dough looks dry, add water one tablespoon at a time, just until it can easily be pressed together between your fingers.

Transfer the mixture to a sheet of parchment paper and place another sheet of parchment paper on top. Use a rolling pin to roll the cracker mixture about 1/8-inch thick, or as thin as you'd like your crackers to be. (The thinner they are, the crispier they'll be.)

Use a large knife to score the rolled dough into square shapes, making about 20 crackers. Poke the middle of each cracker with a fork to help them dry and bake evenly.

Place the sheet of parchment paper with the cut crackers on a large baking sheet. Bake at 350 for 15 minutes, then flip each cracker (they should separate easily where you scored them) and bake until they are crisp and golden, about 15 minutes more.

Cool the crackers completely before serving. They will keep at room temperature for a few days, but they'll last even longer in a sealed container in the fridge.