

"When Abeba was introduced to raw and living foods, she immediately recognized its great value and embraced it in her personal practice. Being the artistic, talented person that she is, she then took living foods to a higher level; she started making some very original cracker recipes and now cookies. Now we are all the beneficiaries of her creativity!"
Shukuru Copeland Sanders, RN, MS, NP

"Abeba has a knack for putting together crazy combinations that make your mouth sing! Knowing Abeba personally over the years has been such a pleasure because her energy is as alive and beautiful as her food creations.

I know you will love putting together these recipes since they have been created with the intention of helping you to eat the highest quality, nut free, vegan, raw foods anywhere on the planet! Beware though, eating these crackers and kookies may just make you crazy for more!"
Elaina Love, Purejoy Living Foods

"Abeba's Crazy Crackers book is a little gem because it is devoted to only one subject. Crackers. This book is full of great recipes that not only rawfooders will enjoy, but non-rawfooders and even non vegetarians will also take to them. Now with twice the recipes of the first book, it is a wonderful and valuable book on this subject of dehydrating crackers and now kookies."
Jerry Kapler

"I discovered living foods in 1987. After over a decade of preparing living foods, I thought I could make some pretty good crackers, until I tasted Abeba's crackers. Her corn chips are incredible! She made me realize that there are endless possibilities. I do a great deal of hiking, camping and traveling. I use Abeba's cracker book religiously creating healthy, high energy and absolutely delicious snacks. It's the best living food cracker book around."
Dorleen Tong, SF Life Coordinator (San Francisco Living Foods Enthusiast)

Book Design and Layout
by



EDIBLE TREATS

INCLUDING

MORE CRAZY KRACKERS

AND

KOOKIES WITHOUT NUTS



Foreward

Abeba's Raw Treats

*"Give us this day our daily bread. - Matthew 6:11
King James Version*

For centuries, bread has been considered an important part of people's meals in most countries of the world. We even talk of providing food as "keeping bread on the table." That is why, when adopting a raw food diet, we are looking for an adequate substitute for the bread or cracker. Many talented and ambitious raw food chefs spent enormous effort in trying to come up with something that would taste close to the bread or cracker. Thanks to them, we now can purchase some delicious crackers in most health food stores. However, the raw crackers are usually quite expensive. Consequently, consumers are now searching for simple and tasty cracker recipes so that they can prepare their "daily bread" at home by themselves.

Having been used to regular consumption of bread, crackers, chips and cookies most of her life, Abeba missed them dramatically when she started on a raw diet. Almost none of the available crackers seemed good enough to Abeba. She was looking for a special recipe that would draw her friends and family to the healthy way of eating. She finally began creating her own "raw pastries" and soon received the raving feedback from everybody who tried her treats. Abeba's raw treats have greatly enhanced contemporary Raw Food Cuisine. Her recipes became popular among many raw fooders. It is no wonder why her cookbooks fly off of Raw Family shelves faster than we can reorder more!

Victoria Boutenko, author of *Green For Life*, *Raw Family*, *12 Steps to Raw Foods* and several raw recipe books.

*To contact Absolutely Abeba's
for Edible Treats or Crazy Crackers*

*Call
510.351.3157
510.632.3591*

*Books are
\$10 + \$3.50 shipping and handling (\$13.50)*



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TUTTI FRUITI COOKIE

- 1 cup medjool dates pitted (Soaked 15 min)
- 1 cup unsweetened dried cherries
- ½ cup black mission figs
- ½ cup unsweetened dried cranberries (optional)
- ½ cup monuka raisins
- 1 tsp vanilla flavoring
- 1/8 tsp cinnamon
- ¾ cup shredded coconut unsweetened
- ¼ cup water with 1 tbs raw honey mixed together

In food processor, mix all ingredients leaving a little chunky texture, but not big chunks. Line a square pan with cheesecloth and press mixture an inch high in pan. Flip onto a plate and cut into ½ to 1 inch squares. Put into little paper candy cups and serve.

Will yield 60-80 cookies.

Introduction

With the success of the first book, Absolutely Abeba's Crazy Crackers, a second book had to be written. I'm really excited about this second book because Crackers are just a food I could never get enough of. Since becoming a Raw Foodist in 2000, learning how to make living food crackers has broken the spell of eating all those cooked crackers. I was literally addicted to all of those processed crackers. Don't get me wrong, I eat quite a few of my own crackers, but I don't have to eat them every day or every week. With all the additives in processed crackers I did eat them every week, I was hooked..

In addition to new cracker recipes, get ready for cookies without nuts. Yes, believe it or not, you can make absolutely Scrumptious Crunchy Cookies without nuts. I decided to make the cookies without nuts because so much of the gourmet raw foods are made with nuts. I decided that as much as I enjoy them, how can I make tasty treats without nuts? Thus the idea for cookies without nuts came alive. Don't be surprised if you eat 4 to 5 trays of these cookies all by yourself, even while they are still warm. It is my desire to contribute delicious mouth watering, Crunchy Crackers and Cookies without nuts to the community of Raw Foodists worldwide. May God Bless you and keep you in good health.

Enjoy your Crazy Crackers and Cookies without nuts.

Absolutely Abeba

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Important note:

Measure all nuts, seeds, flax seeds, buckwheat, and grains in all recipes after soaking.
 All of these foods expand after soaking. Example: 1 cup soaked almonds yields approximately 1 ½ cups of soaked almonds. Please follow the measurements.



- 4 cups flax seeds (soaked overnight)
- 1 cup honey
- 1 tsp vanilla flavoring
- ¼ tsp cinnamon
- 1 cup currants (soaked 15 min)

Put flax seeds in bowl add other ingredients and stir well.
 If you want to drop by spoonfuls, add 1 cup of water to the Mixture and you'll have nice 2" rounds
 Dehydrate for 10-12 hours at 105 degrees.
 Flip kookies and remove teflex sheet.
 Continue dehydrating 6-8 hours or until dry or desired krispness is obtained.

Will fill 5-6 trays



GRANOLA KOOBIE

- 3 cups buckwheat groats (Soaked 8 hrs to overnight)
- 1 cups golden flax seeds (Soaked overnight)
- 1 cup monuka raisins (soaked 15 mins)
- 1 tsp vanilla flavoring
- 1 tsp allspice
- $\frac{3}{4}$ cup currants (soak 15 mins; save soaking water)

Mix all ingredients except flax seeds and currants in food processor.. Blend until creamy, but not smooth. Add a little of the currant soaking water to keep processor running. Pour mixture into bowl, add flax seeds and currants. Stir well.

Spread on Teflex sheet. Score into 2" to 3" squares.
Dehydrate for 10-12 hours at 105 degrees.
Flip kookies and remove Teflex sheet.
Continue dehydrating 6-8 hours or until dry or desired krispness is obtained.

Will fill 2-3 trays



GLOSSARY

- Buckwheat** A grain full of calcium and protein, but get only Raw buckwheat because toasted buckwheat is kasha
- Celtic Sea Salt** This salt is unheated, unrefined and high in minerals
- Flax Seed** A seed rich in iron, calcium and beneficial oils
- Kamut** Kamut is a high protein wheat with a nutty flavor. If allergic to wheat, substitute with other grain.
- Medjool Dates** A plump creamy date, great for raw food recipes.
- Nama Shoyu** An organic unpasteurized soy sauce
- Oils** Best oils to use in raw foods are olive oil, flaxseed oil, hemp and walnut. Cold pressed, unrefined oils are first choice
- Tahini** A thick paste of raw, hulled sesame seeds packed with calcium
- Seaweed** Sea vegetables are full of vitamins, minerals, and trace minerals. Can also be used as a salt substitute in certain recipes.



ALMOND BRAZIL NUT KRACKER

- 1 cup soaked almond nuts
- 1 cup soaked brazil nuts
- 2- 3 tbs nama shoyu
- 1 tbs raw tahini
- 1/8 cup lemon juice
- 2 garlic cloves
- 3/4 cup chopped red bell pepper
- 1/4 red onion
- 1 tbs olive oil
- 1 tsp cumin
- Dash cayenne

Blend all ingredients in food processor until smooth.
Spread crackers on teflex sheets and score into 1" squares.
Dehydrate for 10-12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 6-8 hours or
until dry or desired krispness is obtained.
Will fill 3 trays.



GRAINS ALIVE KOOBIE

2 cups grains (Soaked 8 hrs to overnight)

You can have a combination of barley, kamut, wheatberries and rye

Or just one grain of your choice

1/2 cups Flax Seeds (Soaked overnight)

1/2 cup raisins (soaked 15 mins) or dates

1/2 red apple

1/2 tsp vanilla flavoring

1 tbs olive oil or coconut oil

1 1/2 cup water

Rinse and drain grains well. Put grains with all ingredients except flax
Seeds in blender and blend well. Add flax seeds and blend again.
Mixture will be a little slimy, but that's the texture you want.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 10-12 hours at 105 degrees.
Flip over and remove Teflex sheet.
Continue dehydrating 6-8 hours or
until dry or desired krispness is obtained.

Will fill 5-6 trays



FRUIT KOOBIE

2 apples
 1 mango
 ¼ cup honey
 ¾ cups flax seeds (soaked overnight)
 1 cup water
 ½ tsp vanilla flavoring
 1/8 tsp cinnamon

Blend all ingredients except flax seeds in blender. Blend well and adjust for sweetness if necessary.
 Add soaked flax seeds and blend again until smooth.

Drop by spoonfuls on Teflex sheet.
 Dehydrate for 12 hours at 105 degrees.
 Flip crackers and remove Teflex sheet.
 Continue dehydrating 10-12 hours or until desired krispiness is obtained.

Will fill 2-3 trays



FLAY UP KRACKER FLAX UP KRACKER

2 cup whole flax seeds (soaked overnight)
 1 cup pumpkin seeds (soaked overnight)
 1 cup sunflower seeds (soaked overnight)
 ¼ cup each black and white sesame seeds (soaked 2 hours)
 2 garlic cloves chopped
 1/8 cup lemon juice
 ¼ onion chopped
 2 celery stalks chopped
 2 carrots chopped
 1 ½ tbs namu shoyu or to taste

Drain and rinse all seeds. Take ½ cup pumpkin seeds and ½ cup sunflower seeds and partially grind in food processor with onion and garlic. Put this mixture in bowl. Take celery, carrots and namu shoyu with 2 tbs water and puree.
 Add this mixture in the bowl. Add the rest of the sunflower seeds, pumpkin seeds, flax seeds and sesame seeds to mixture in bowl. Mixture will be thick.

You can add ½ cup water for easier mixing.

Drop by spoonfuls on Teflex sheets and press flat into 2" rounds.

Dehydrate for 10 - 12 hours at 105 degrees.
 Flip crackers and remove Teflex sheet.
 Continue dehydrating 6-8 hours or until krispy dry or desired krispiness.

Will fill 6-8 trays.



Buck's In Town

- 1 cup buckwheat (Soaked 8 hrs to overnight)
- 1 3/4 cups flax seeds (Soaked overnight)
- 2 tbs raw honey
- 2 celery stalks (or to taste)
- 1tbs olive oil
- 1 tbs raw tahini
- 1 tsp garlic powder
- 3/4 tsp onion powder
- 1 3/4 cup water
- 1 tomato
- 3/4 tsp celtic salt (or to taste)

Rinse and drain buckwheat well
Put everything in blender except flax seeds.
Blend well. Then add 3/4 cup flax seeds.

Blend well again until slimy. Pour mixture into bowl then
Add remaining cup of flax seeds .

Drop by spoonfuls on Teflex sheets.
Dehydrate for 10 - 12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 6-8 hours or
until krispy dry.

Will fill 5-6 trays



COCONUT KOOKIE

- 2 cups fine ground unsweetened coconut
- 1 cup Flax Seeds (Soaked overnight)
- 1 tsp vanilla
- 15 medjool dates soaked 15 min. Pitted
- Or 3/4 cups raw honey (no more than 1 cup)
- 3 cups water
- 1 red apple diced

Blend everything except flax seeds in blender well Mixture
will be semi thick but still runny. Add the cup of flax seeds and blend again.
Most of the flax seeds will blend , but some will
just be broken up. That's okay.

Pour mixture into bowl.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 12 hours at 105 degrees.
Flip kookies and remove Teflex sheet.
Continue dehydrating 10-12 hours or
until desired krispsness is obtained.

Yields Will fill 7-8 trays

CHUNKY BUCKY KOOKIE

- 4 cups buckwheat groats (Soaked 8 hrs to overnight)
- 1 cup golden flax seeds (Soaked overnight)
- 1 ½ cups monuka raisins (soaked in ¾ cup water for 15 mins)
- 1 tsp vanilla flavoring
- 1 tsp allspice
- ½ cup honey (or to taste)

Blend raisins in blender with a little of the raisin soaked water and blend until smooth.

Drain buckwheat groats, rinse well.

Put buckwheat groats in bowl and add other ingredients. Stir well.

Spread on Teflex sheet ½ inch thick.

Dehydrate for 10-12 hours at 105 degrees.

Flip kookies and remove Teflex sheet.

Continue drying 1-2 hours or until desired krispness is obtained.

Fills 3-4 trays. Break into small pieces.

CAN YOU BELIEVE BUCKWHEAT AGAIN?

- 2 cups Buckwheat (Soaked 8 hrs to overnight)
- 1 cups Flax Seeds (Soaked overnight; ½ cup ground flax seeds optional)
- 1 carrot
- 1/4 onion
- ½ red bell pepper
- 1 1/2 cup water
- 1 tomato
- ¾ tsp celtic salt (or to taste)

Rinse and drain buckwheat well.

Put everything in blender except buckwheat and flax seeds. Blend well and adjust seasoning. Pour mixture into bowl then add buckwheat and flax seeds. Stir well.

Can add ½ ground flax seeds for more dense cracker.

Drop by spoonfuls on Teflex sheets.

Dehydrate for 10 - 12 hours at 105 degrees.

Flip crackers and remove Teflex sheet.

Continue dehydrating 6-8 hours or until krispy dry or desired krispness.

Will fill 5-6 trays



GOT CURRY?

2 cups water
1/2 cup sunflower seeds (soaked overnight)
1 cups flax seeds (soaked overnight)
1 celery stalk
3/4 tsp curry powder
1/4 onion
1/2 tsp celtic salt or to taste
2 carrots
2 dates pitted (soaked 15 min)

Rinse & drain sunflower seeds well. In blender put all ingredients except flax seeds blend well.

Add flax seeds and blend again

Mixture will be slimy.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 10-12 hours or until desired krispness is obtained.

Will fill 7-8 trays



BUCKAROO KOOKIE

4 cups buckwheat groats (Soaked 8 hrs to overnight)
1 1/2 cups flax seeds (Soaked overnight)
1 cup monuka raisins (soaked 15 mins)
1 tsp vanilla flavoring
1/2 tsp allspice
1/3 cup raw honey
2 tbs olive oil or 1 tbs coconut oil

Rinse buckwheat groats until slime dissipates, drain well.
Blend raisins in blender with a little water and blend until smooth.
Process buckwheat groats in food processor with blended raisins, vanilla, honey, allspice and olive oil until smooth and creamy.

Add soaked flax seeds and blend again.

Will need to do in two batches

Spread on Teflex sheet thinly. Score into 1" squares.

Dehydrate for 10-12 hours at 105 degrees.

Flip kookies and remove Teflex sheet.

Continue dehydrating 6-8 hours or until dry or desired krispness is obtained.

Will fill 6-7 trays



Buck Wow Kookie

2 cups buckwheat groats (Soaked 8 hrs to overnight)
½ cups flax seeds (Soaked overnight)
1 cup water
1 tsp vanilla flavoring
½ tsp allspice
3 tbs honey or 6 soaked medjool dates pitted
1 tbs coconut oil
1 red apple
1 celery stalk
¼ tsp butter flavoring (like extract, but no alcohol)
Dash of salt

Rinse buckwheat groats until slime dissipates, drain well.
Blend all ingredients except flax seeds in blender. Blend well
and adjust for sweetness if necessary.
Add soaked flax seeds and blend again until smooth.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 12 hours at 105 degrees.
Flip kookies and remove Teflex sheet.
Continue dehydrating 10-12 hours or
until desired krispness is obtained.

Will fill 5-6 trays



Honey Curry Kale Chips

2 bunches curly kale or dinosaur kale
1 tbs raw honey
2 tbs olive oil
½ tsp celtic sea salt (or to taste)
¾ tsp curry
½ tbs lemon juice

Wash and cut stem out of kale. Drain well. In small container with a top,
put other ingredients and shake well until all ingredients mix.
Put kale in bowl and pour liquid over kale until
each leaf is coated front and back well.

Put on Teflex sheet. Dehydrate for 10-12 hours at 105 degrees.
No need to flip over, their done after the initial 10-12 hours.
Should fill 2-3 trays depending on size of kale.



SEAWEED CRACKER

4 cups Buckwheat Groats (Soaked 8 hrs to overnight)
2 cups Flax Seeds (Soaked overnight)
2 tsps Kelp Powder (or to taste)
1 tbs Dulse Flakes (or to taste)
3tbs olive oil
2 tbs honey or 1/8 cup raisins (soaked 15 mins)

Rinse Buckwheat groats until slime dissipates, drain well.
Put Buckwheat groats in food processor with Dulse and Kelp.
Blend until creamy. May add a little water to keep processor running.
Then add olive oil and honey or raisins and blend well again.
Add soaked flax seeds and blend again.
Will need to do in two batches

Spread on Teflex sheet. Score into 2" squares.
Dehydrate for 12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 6-8 hours or
until dry.

Will fill 4-5 trays



BANANA CHIP COOKIE

3 bananas
1 cup flaxseed (soaked overnight)
5-7 medjool dates pitted (soak 15 mins)
2 cups water
3/4 tsp vanilla flavoring
1 apple

Blend everything except flax seeds in blender until smooth
Add the flax seeds and blend again.
Pour mixture into bowl.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 12 hours at 105 degrees.
Flip cookies and remove Teflex sheet.
Continue dehydrating 10-12 hours or
until desired crispness is obtained.

Will fill 7-8 trays



APPLE KRISP KOOKE

- 3 large red apples
- ¾ cup golden flax seeds (Soaked overnight)
- ½ tsp vanilla flavoring
- ½ cup white sesame seeds
- 1 cup water
- 1/8 cup honey or to taste

Blend everything except flax seeds and sesame seeds in blender until smooth
Add the flax seeds and blend again.
For a more dense kookie, add 1/3 cup ground flax seeds.
Pour mixture into bowl.

Drop by spoonfuls on Teflex sheet.
Sprinkle sesame seeds on each kookie
Dehydrate for 12 hours at 105 degrees.
Flip kookiess and remove Teflex sheet.
Continue dehydrating 10-12 hours or
until desired krispness is obtained.

Will fill 5-6 trays



TORTILLA CHIP

- 6 ears corn
- 1 tsp cumin
- 1 tsp chili powder
- ¼ cup red onion
- ½ cup kamut (soaked overnight)
- ½ cup ground flax seeds
- 1 tbs olive oil
- 1 tsp celtic sea salt or to taste

Blend kamut and olive oil and 1/3 cup water
until smooth in blender, set aside.
Blend onion, corn and seasoning in food processor
until semi-smooth. Add kamut and blend again, then
add ground flax seeds. Spread on teflex sheets
And score into tortilla chip shapes or small squares.
Dehydrate for 10-12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 6-8 hours or
until dry or desired krispness is obtained.

Will fill 3-4 trays



FUN IN THE SUN FUN IN THE SUN

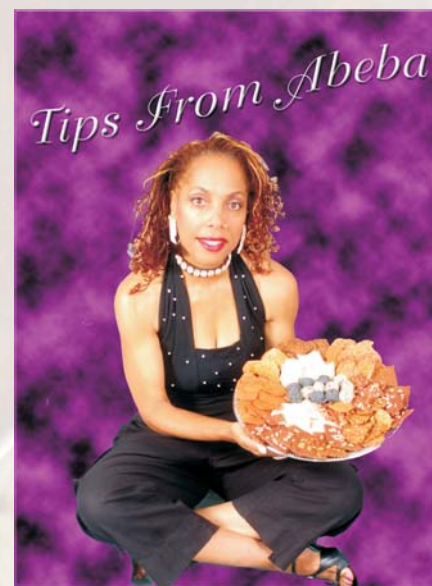
1 cup sunflower seeds (soaked overnight)
2 cups golden flaxseeds (soaked overnight)
¾ tsp celtic sea salt or to taste
1 tomato
½ red bell pepper
¼ onion
1 ½ cups water
1/8 tsp chopped jalapeno pepper

Rinse & drain sunflower seeds well. In blender put water
Salt, tomato, bell pepper, onion and jalapeno pepper and blend well.

In bowl, put flax seeds and remaining ingredients.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 10-12 hours or
until desired krispness is obtained.

Will fill 4-5 trays.



Another tidbit about Krazy Crackers and Kookies without nuts. Just about any recipe that you put together, an almost fool proof Krazy Cracker is using blended flaxseeds. Purely by accident, I discovered this gift. Every new recipe I tried with blended flax seeds or a combination of whole or ground flax seeds always turns out krunchy. You don't have to combine blended flaxseeds with other flaxseeds, but if you like flaxseeds, go for it. Flax seeds are ultra nutritious and have so many health benefits. With this other secret to a krunchy cracker or kookie, you can come up with a variety of new cracker sensations. Have fun, play, be creative.

For those of you who are wondering why does she make such small amounts of kookies and crackers? The answer is simple; The recipes are so good I can easily eat up all of my crackers or kookies in a day. If I make 9 trays of all my recipes, well you wouldn't want to know. You can double or triple any recipe. It's your choice, but you've been warned (smile).



ZUCCHINI KRACKER

4 zucchini peeled and diced
¼ red or yellow onion
1 tomato
¼ cup fresh chopped dill
¼ tsp cumin powder
¾ tsp celtic sea salt or to taste
1 cup ground flax seeds
1/3 cup pinenuts (soaked 30 mins)

Put all ingredients in food processor except flax seeds and blend until smooth.

Pour mixture in bowl and add ground flax seeds

Spread mixture on teflex sheets

Score into ½" squares.

Dehydrate for 10-12 hours at 105 degrees.

Flip crackers and remove teflex sheet.

Continue dehydrating 6-8 hours or until dry or desired crispness is obtained.

Will fill 3-4 trays.



QUINOA PROTEIN KRACKER

2 cups quinoa (Soaked 8 hrs to overnight)
1 ½ cups Flax Seeds (Soaked overnight)
¾ cup ground flax seeds
1 ½ cups water
2 tomatos
1 celery stalk
¼ red onion
¼ raisins (soaked 15 mins)
1 garlic clove
1 tsp celtic salt

Rinse & drain quinoa well.

Blend all ingredients except flax seeds in blender. Blend until smooth. Put whole flax seeds in bowl then add liquid mixture, and stir well.

Add ground flax seeds slowly and mix everything well until smooth.

Spread mixture on teflex sheets

Score into ½" squares..

Dehydrate for 12 hours at 105 degrees.

Flip crackers and remove Teflex sheet.

Continue dehydrating 10-12 hours or until desired crispness is obtained.

Will fill 5-6 trays



VEGGIE PULP KRACKER

Juice veggies of choice (e.g., carrots, spinach, turnips, parsley, etc).

Enough to make 4 cups of pulp.

1 cup whole flax seeds (soaked overnight)

1 cup soaked sunflower seeds (soaked overnight)

1 tsp celtic sea salt (or to taste)

1 tomato

1 cup veggie juice

½ tsp onion powder

½ tsp garlic powder

Put veggie pulp in bowl, blend tomato, seasonings and

1 cup veggie juice in blender.

Add this to the veggie pulp. Drain and rinse sunflower seeds well. Add flax seeds and sunflower seeds to veggie pulp.

Spread on Teflex sheet. Score into 2" squares.

Dehydrate for 10-12 hours at 105 degrees.

Flip crackers and remove Teflex sheet.

Continue dehydrating 6-8 hours or until dry or desired crispness is obtained.

Note: You can freeze the rest of the veggie juice or use for a soup the next day

Will fill 3-4 trays.



WALNUT FLAX KRACKER

1 cup ground flax seeds

1 cup walnuts (soaked overnight)

2 garlic cloves pressed

1/8 cup lemon juice

¼ tsp celtic sea salt

¼ cup sunflower seeds (soaked overnight)

1/8 cup each black and white sesame seeds (soaked 2 hours)

¼ cup water

1-2 tbs olive oil

Rinse and drain walnuts, sunflower seeds and sesame seeds. Chop walnuts. Put everything in a bowl and mix well by hand.

Spread mixture on teflex sheets

Score into 1" squares.

Dehydrate for 10-12 hours at 105 degrees.

Flip crackers and remove teflex sheet.

Continue dehydrating 6-8 hours or until dry or desired crispness is obtained.

Will fill 2 trays.