

Abeba's knowledge, enthusiasm and passion for the living food lifestyle inspires everyone she comes in contact with. Her cracker recipes are an expression of who she is. Absolutely Abeba's Krazy Cracker recipe book can be a great contribution to those who are transitioning from a "traditional" diet to the raw and living foods lifestyle.

Leola A. Brooks, Director
Ann Wigmore Natural Health Institute, Inc.
Aguada, Puerto Rico 00602



I am appreciative of my friend Abeba. Her inner beauty shows in everything she does. When she teaches, she inspires. Her raw food creations are delicious and one of a kind. Her Krazy Crackers are out of this world, and everybody who tries them wants to learn how they are made. That is why I want this book, to learn Abeba's secrets to a good cracker.

Victoria Boutenko
Raw Food Teacher and Chef
Author of Raw Family and 12 Steps to Raw Foods

Absolutely Abeba's



Krazy Crackers



Learn the secret to a good cracker



FOREWORD

I am sure Abeba is aware of it, but from the first day I met her, she became my mentor and role model for a stylish, capable Living Foods Practitioner as well as chef par excellence.

Abeba's discipline, courage, vision, ability to manage multiple priorities are legendary qualities. The publication of "Abeba's Crazy Crackers" is just an additional demonstration of her commitment to making a difference in the Living Foods movement.

"Abeba's Crazy Crackers" recipe book is an expression of Abeba's creative genius, her generosity of spirit in sharing her ideas and her commitment to empowering others to make healthy (living) foods choices.


"Abeba's crazy crackers have been the antidote to my addiction to corn chips. I am, perhaps, her first mail order customer. She has mailed crackers to me from San Leandro to Emeryville, as well as delivered them to my home when I was "trembling for a fix!" Thank you Abeba for being my Earth Angel. Your crazy crackers are truly to LIVE FOR!!!

Abeba "turned them out" at Ann Wigmore Natural Health Institute in Aquada, Puerto Rico, last summer, 2002, with her creative work, dedication and zeal. "We're all so proud of her," says Director, Leola Brooks.

Abeba's book is just one testimony of her caring for others and her desire to teach others about Living Foods. I can truly attest to the fact that Abeba has helped many to heal, grow and evolve in the Living Foods lifestyle.

Abeba's crackers literally "MELT" in your mouth! Each time I try to serve them with a spread, my guests always opt to eat the crackers alone, often stating, "these crackers are too good for a topping." This statement has also been voiced by nonliving foodists!

Dr. Laura B. Lyons, Ed.D.
Living Foodist, Emeryville, California



Thank you Victoria Boutenko for all your love and support.

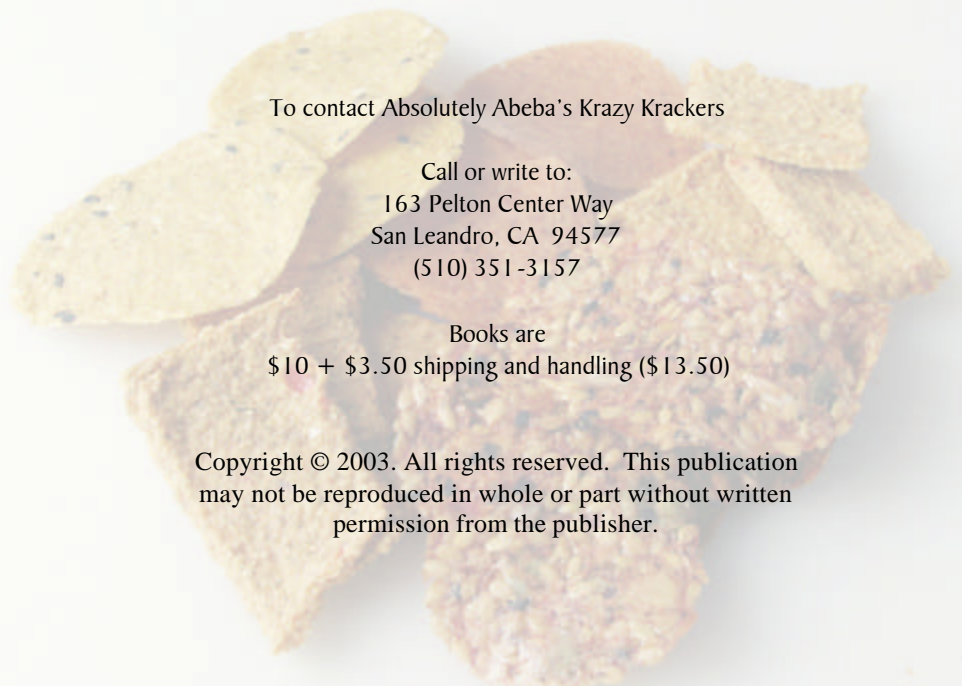
Thank you Laura Lyons for sharing my name all around the world.

Thank you Leola Brooks for a wonderful stay in Puerto Rico.

Thank you Dennis and Jane Macrina for naming me the "Crazy Cracker Lady".

Photo by Mastahn Fanaka

Enjoy your crazy crackers!



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SPICY THAI KRACKER

- 1 cup—Whole Flax Seeds (Soaked overnight)
- 1 1/2 tbsp—Lemon Juice
- 1 tbsp—Raisins (Soaked 30 minutes)
- Ginger—Dash
- 1—Garlic Clove
- 1 tsp—Curry
- Cayenne—Dash
- 1 1/2 cups—Water
- 2—Carrots
- 1/4—Red Onion
- 1/4 cup—Ground Flax Seeds
- 1/4 cup—Black Sesame Seeds
- 1/8 cup—Sesame Seeds

Blend everything in blender except soaked flax seeds, ground flax seeds, black and white sesame seeds. Blend well, then add whole soaked flax seeds, blend again. Pour liquid into bowl, then add ground flax seeds and sesame seeds. Mix well.

Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

Yields 2—3 trays or approximately 90-125 crackers

Hi!

My name is Abeba. I've been living a raw food lifestyle since January 2000. I can't say it's always been easy, but I'm committed to optimum health. I believe this is one way to get there. My sister, Harriet was my first introduction to becoming a vegetarian. I was 25 when I gave up red meat and pork, but kept a little chicken and fish in my diet. I eventually gave up all flesh, dairy, white flour, white sugar and refined carbs. Since I was a little girl, I always loved crackers. I remember eating crackers, sometimes the whole box in one sitting.

I am dedicating this book to my mother, Obie Lee Wright who also loved crackers. As a matter of fact, wheat thins were one of her favorites, but made us both fat. Triscuits, we ate like biscuits and Ritz, that put it on our hips. Nevertheless, after coming into the raw food lifestyle, crackers were on the top of the list for staying with this lifestyle. Friends and family, along with many "raw fooders" have requested my crackers. So here goes Abeba's most requested cracker recipes and the secret to a good cracker. Ready for the secret?

Turn to the next page!

KRUNCH

**It's the KRUNCH baby,
the KRUNCH.**

**If the cracker has no crunch,
in my opinion,
you don't have a cracker.**

NEW CORN WAFER

- 1 1/2 cups—Water
- 1 ear—Corn
- 1—Carrot
- 1—Garlic Clove
- Ginger—dash
- Salt—to taste
- Lemon—dash
- 1/3 cup—Ground Flax Seeds
- 1 tbsp—Olive Oil
- 1 tbsp—Honey
- 1 cup—Whole Flax Seeds (Soaked overnight)
- 1/2 tsp—Dried Dill
- 1/2 tsp—Cumin
- 1/4 tsp—Dried Mustard

Blend everything in blender except soaked flax seeds and ground flax seeds. Blend well, then add soaked flax seeds, blend again. Pour ingredients in bowl, then add ground flax seeds.

Drop by spoonful on Teflex sheet. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

Yields 3-4 trays or approximately 100-150 crackers

GARLIC KRACKER

- 3 cups—*Almond Pulp
- 1 cup—Ground Yellow Flax Seeds
- 1/4 cup—Olive Oil
- 1/4 cup—Water
- 3—Crushed Garlic Cloves
- Celtic Salt—to taste
- 1 1/2 tsp—Oregano (I like Oregano)
- 1 tsp—Dried Basil
- 1/2 tsp—Cumin
- 1/4 tsp—Italian Seasoning

Mix everything in bowl. Take round cookie cutter, press small amount of batter inside cookie cutter up to 1/2" high or smaller on Teflex sheet.

Dehydrate for 8 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8-10 hours or until desired crispness is obtained.

** Soak 2 cups almonds for 8 hours. Put almonds in blender with 2 cups water. Blend well. Drain liquid and there is your almond pulp.*

Depending on size of cookie cutter approximately 40-50 crackers

TOOLS YOU NEED

- Dehydrator
- Blender
- Food Processor
- Coffee Grinder
- Good Taste Buds

Let's get started. With most of my crackers, I try to use what most people already have in the fridge. When you have to go out and buy a lot of ingredients, you tend not to experiment. You should have fun making crackers or whatever you want to eat.

Adjusting seasoning or adding other seasoning is what making Crazy Crackers is about. With any of the crackers, you can substitute salt with dulse or kelp, except Poppyseed Crackers.

I love crackers, so I play a lot. Even though the ingredients are the same in most of the crackers, it's playing with the flavors and seasonings that make each cracker unique. Dehydration time may vary with each cracker.

PIZZA KRACKER

- 2 cups—Water
- 2—Tomatoes
- ½ cup—Dried Tomatoes
- Celtic Salt—to taste
- 1 tbsp—Frontier Pizza Seasoning
- 1/3—Red Onion
- 2—Garlic Cloves
- 2—Carrots
- ¾ cups—Whole Flax Seeds (Soaked overnight)

Blend all ingredients except flax seeds. Blend well, then add flax seeds, blend well. Mixture should be slimy and a little thick, but runny.

Drop by spoonfuls on Teflex sheet. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8–10 hours or until desired crispness is obtained.

Yields 2-3 trays or approximately 100-135 crackers

POPPYSEED GINGER KRACKER OR COOKIE

- 1 cup—Steel Cut Oat Groats (Soaked overnight)
- 3—Dates (Soaked 30 minutes)
- Ginger—small piece
- 2 tbsp—Olive Oil
- 1 ½ cups—Water
- ½ cup—Whole Flax Seeds (Soaked overnight)
- ½ tsp—Vanilla or Butterscotch Extract
- Celtic Salt—dash
- 2—Carrots
- ½ cup—Poppyseeds

Put all ingredients in blender except flax seeds and poppyseeds. Blend well, then add flax seeds, blend again. Mixture should be slimy and slightly thick, but runny. Pour mixture in bowl, add poppyseeds.

Drop by spoonfuls on Teflex sheet. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8–10 hours or until desired crispness is obtained.

Yields 3-4 trays or approximately 100-135 crackers

SUNFLOWER POWER

- 2 cups—Sunflower Seeds (Soaked overnight)
- 1—Tomato
- 1/4—Onion
- 1/2 tsp—Cumin
- Celtic Salt—to taste
- 1/4 cup—Fresh Dill
- 1—Date (Soaked 30 minutes)
- 1/2—Red Bell Pepper
- 1/2 to 1 cup—Water
- 1/3 cup—Ground Flax Seeds

Put all ingredients in food processor, except flax seeds. Add a little water to keep processor running. The mixture should be slightly chunky. Gradually add flax seeds. Spread on Teflex sheet and *score.

Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

** Score—cut into 1/2 inch squares or larger*

Yields 2-3 trays or approximately 90-125 crackers

VEGETABLE GARDEN

- 2 cups—Water
- 2—Carrots
- 2—Tomatoes
- 2—Celery Stalks
- 2—Garlic Cloves
- Jalapeno—to taste
- Fresh Dill—to taste
- Fresh Basil—to taste
- Celtic Salt—to taste
- 1/2—Red Onion
- 1 tsp—Cumin
- 1 cup—Whole Flax Seeds (Soaked overnight)
- 1/3 cup—Ground Flax Seeds

Blend all ingredients in blender except flax seeds. Pour liquid mixture into bowl, then add flax seeds. Stir well.

Drop by spoonfuls on Teflex sheet. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

Yields 2-3 trays or approximately 100-135 crackers

FLAX APPEAL

1 1/2 cups—Water
2—Carrots
1—Garlic Clove
1—Tomato
1/2 cup—Sundried Tomatoes (Soaked 30 min)
Habernaro Pepper—to taste
Nama Shoyu Soy Sauce—to taste
1 tsp—Dried Basil
1/2 tsp—Dried Dill
1 cup—Ground Flax Seeds
1/2 cup—Pumpkin Seeds (Soaked overnight)
1/2 cup—Sunflower Seeds (Soaked overnight)

Blend all ingredients in blender except flax seeds, pumpkin seeds and sunflower seeds. Put pumpkin and sunflower seeds in food processor, pulse to chunky chopped seeds. Pour liquid mixture into bowl, add flax and other seeds to mixture, stir well.

Spread on Teflex sheet and *score crackers. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

· *Score—cut into 1/2 inch squares or larger*

Yields 2-3 trays or approximately 100-135 crackers

HURRY CURRY

1 1/2 cups—Water
2/3 cup—Whole Flax Seeds (Soaked overnight)
1/2 cup—Sesame Seeds
1/2 tsp—Curry
Celtic Salt—to taste
2—Carrots
1—Celery Stalk
1/4 tsp—Cumin
1—Garlic Clove
1/4—Onion
Dried Basil—dash

Blend all ingredients in blender, except flax seeds. Add flax seeds after other ingredients are blended well. Blend again.

Spread on Teflex sheet, *score and sprinkle sesame seeds on top. Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8—10 hours or until desired crispness is obtained.

· *Score—cut into 1/2 inch squares or larger*

Yields 2 trays or approximately 90-100 crackers

CORN CHIPS

6 to 8 ears—Corn
3/4 cup—Sunflower Seeds (Soaked overnight)
1/3 to 1/2—Red Onion
1/3 cup—Ground Flax Seeds
1/4 tsp—Cumin
Cayenne—dash
Celtic Salt—to taste

Mix corn, onion, sunflower seeds in food processor (can use blender), but I prefer processor, the crunch is better. Add, remaining ingredients and process well.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8–10 hours or until desired crispness is obtained.

Yields 2 trays or approximately 90-100 crackers

MELLOW YELLOW

1 1/2 cups—Water
1 cup—Steel Cut Oat Groats (Soaked overnight)
Jalapeño—to taste
Celtic Salt—to taste
2—Carrots
1—Celery Stalk
2—Garlic Cloves
1/4—Red Onion
1—Date (Soaked 30 minutes)
1/2 cup—Whole Flax Seeds (Soaked overnight)
2 tbsp—Olive Oil
Chopped Pumpkin Seeds—Optional

Blend all ingredients in blender until smooth except soaked flax seeds. After mixture is blended well, then add flax seeds. Blend again. Mixture should be slightly runny. If mixture is too thick, cracker will not be crunchy, so add a little water for runny consistency.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 10-12 hours at 105 degrees. Flip crackers and remove Teflex sheet. Continue dehydrating for 8–10 hours or until desired crispness is obtained.

Yields 3-4 trays or approximately 150-200 crackers

YELLOW KRACKER

1 1/2 cups—Water
1 cup—Steel Cut Oat Groats (Soaked overnight)
2—Carrots
2—Celery Stalks
2—Garlic Cloves
1/3—Red Onion
Fresh or Dried Dill—to taste
Fresh or Dried Basil—to taste
Celtic Salt—to taste
2 tbs—Olive Oil
1/2 cup—Ground Flax Seeds

Put all ingredients in blender except flax seeds. Put mixture in bowl, then add flax seeds. Mixture should be slightly thick. If too thick crackers will be chewy, so add a little water for runny consistency.

Spread on Teflex sheet and *score.
Dehydrate for 10-12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating for 8—10 hours until desired crispness is obtained.

· *Score—cut into 1/2 inch squares or larger*

Yields 2 trays or approximately 90-100 crackers

BARBECUE CHIPS

1 1/2 cups—Water
2—Carrots
1—2 Dates (Soaked 30 minutes) or 12 Raisins
3/4 tsp—Chili Powder
1—Celery Stalk
2—Tomatoes
1/2 cup—Sundried Tomatoes (Soaked 30 minutes)
Cayenne Pepper—dash
Nama Shoyu Soy Sauce or Celtic Salt—to taste
2/3 cup—Flax Seeds (Soaked overnight)
1/4 to 1/2 size—Beet (Optional)

Put all ingredients in blender except flax seeds. Blend well and check taste. Then add flax seeds, blend well. Mixture should be slimy and a little thick, but runny.

Drop by spoonfuls on Teflex sheet.
Dehydrate for 10-12 hours at 105 degrees.
Flip crackers and remove Teflex sheet.
Continue dehydrating 8—10 hours or until desired crispness is obtained.

Yields 4-5 trays or approximately 100-200 crackers