

# HOMEMADE SEED CRACKERS



## INGREDIENTS (1 SMALL TRAY)

- 1/4 cup flax seeds
- 1/4 cup chia seeds
- 1/2 cup water
- 1/8 cup pumpkin seeds
- 1/8 cup sunflower seeds
- 1/8 cup sesame seeds
- 1/4 teaspoon of a good salt (*Himalayan pink salt*)
- 1/2 tablespoon caraway seeds (*optional*)

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Low-carb Get Set Cook,  
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## METHOD

- Combine the flax and chia seeds in a bowl with the water and leave them to swell up and form a gel (at least half an hour).
- Add the remaining ingredients and combine well.
- Spread out in a **thin** layer on a baking sheet covered with non-stick baking paper.
- Cook in the oven on 140° / Gas 1
- After half an hour, remove from oven, score the mixture into rectangular shapes, flip them over and return to the oven for another half an hour or until crisp.

Seeds are high in fibre and relatively low in digestible carbohydrates

## Cream cheese and herb dip

### Ingredients

- 8 oz. cream cheese
- 2 tsp olive oil
- 1/4 cup fresh parsley and chives chopped finely
- 1 garlic clove, minced
- 1 tsp lemon zest
- salt and pepper, to taste

### Method

Stir all ingredients into the cream cheese.

Let it sit in the fridge for at least 10 minutes to let all the flavours develop.

## Guacamole / avocado dip

### Ingredients:

- 1 large ripe tomato
- 2 large avocados
- Juice 1 lime
- Handful of fresh coriander
- Small red onion chopped
- 1 chilli (deseeded) chopped

### Method:

Crush and chop tomato and transfer to a bowl.

Halve and stone the avocados and use a spoon to scoop out the flesh into the bowl with the tomato.

Tip the lime juice, the roughly chopped coriander, 1 finely chopped small red onion and 1 deseeded and finely chopped red or green chilli into the bowl, then season with salt and pepper.

Use a whisk to roughly mash everything together.

# Berry desserts

Raspberries are exceptionally low in sugar and have one of the lowest levels of carbohydrates. (5g of digestible carbohydrates per 100g)

A handful of raspberries delivers half of the recommended daily intake (RDI) of vitamin C and manganese and decent amounts of vitamin K, copper and magnesium.

## Raspberry whipped desert

### Ingredients

Raspberries  
Plain Yoghurt  
Double / whipping cream  
Natural sweetener e.g. maple syrup



### Method

Place the raspberries in a layer at the base of a glass dish  
Whip the cream, when stiff fold in the yoghurt, layer onto the raspberries  
Pour / sprinkle your sweetener onto the top

## Berry crumble – serves 6

### Ingredients

1 Tablespoon (15 ml) of lemon juice  
3 Tablespoons (45 g) of coconut oil, solid  
3/4 cup (90 g) of almond flour  
1/2 cup (40g) of shredded coconut  
1/2 teaspoon (3 ml) of vanilla extract



### Instructions

1. Preheat the oven to 160°C / Gas 4
2. Combine the berries and lemon juice in a bowl, gently squishing the berries as you combine. Place in an ovenproof dish and cook in oven for 10 minutes
3. Cut the solid coconut oil into small pieces. Place the almond flour in a bowl and add the pieces of coconut oil. Mix until it resembles breadcrumbs, then stir in vanilla and shredded coconut.
4. Scatter the crumb mixture evenly over the top. Place back in oven to cook for another 15 minutes or until the top is golden and crispy.

**Serving Size:** (1/6) **Calories:** 198 **Fat:** 17 g **Carbohydrates:** 11 g **Fibre:** 5 g **Protein:** 2 g