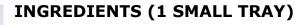
HOMEMADE SEED CRACKERS







1/4 cup flax seeds1/4 cup chia seeds1/2 cup water1/8 cup pumpkin seeds1/8 cup sunflower seeds1/8 cup sesame seeds

1/4 teaspoon of a good salt (*Himalayan pink salt*) 1/2 tablespoon caraway seeds (*optional*)

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

Ingredients:

salt and pepper, to taste

Guacamole / avocado dip

1 large ripe tomato

2 large avocados

Juice 1 lime

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.

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.

- Handful of fresh corianderSmall red onion chopped
- 1 chilli (deseeded) chopped

Use a whisk to roughly mash everything together.

Tested and compiled for Low-carb Get Set Cook, January 2020

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 over to cook for another 15 minutes or until the top is golden and crispy.





