

Red Sorghum Crackers

Earthy and nutritious gluten free crackers that go wonderfully with Grove & Meadow cream cheese or the Brown's dip selection.

Makes about 30 crackers

Ingredients

- 227 140g Red Sorghum Flour
- 80g Ground Cashew Nuts OR Green Banana Flour
- 40g Ground Sunflower Seeds
- 2tbsp Ground Flaxseed
- 2 tbsp Olive Oil
- 95ml Water
- ½ tsp Salt (to taste), pinch pepper, pinch cumin
- 2 tbsp finely chopped Sage Leaves
- ½ Lemon Zest



Instructions

1. Place the sunflower seeds into a blender and whizz until ground
2. In a large bowl, whisk together the flour, nuts, seeds, salt, pepper and any spices
3. Stir in the chopped herbs and lemon zest
4. In a separate bowl, mix the olive oil together with water. Add to the dry ingredient bowl
5. Bring everything together into a dough and knead on the surface until smooth. Add any extra flour or water as needed to achieve a consistency that is not crumbly and not too sticky
6. Separate dough into two balls
7. Take three sheets of greaseproof paper and lightly oil
8. Place one ball between two sheets of greaseproof paper (make sure the dough is touching the greased sides of the paper) and, using a rolling pin, roll the dough until it is your desired thickness (thinner dough will result in crispier crackers)
9. Remove the top sheet of paper and cut the dough into desired number of wedges (as though cutting a pizza) and prick each cracker wedge with a fork
10. Transfer it onto a baking tray, keeping the bottom sheet of paper underneath
11. Repeat the process for the other ball (reusing the top sheet of paper)
12. Gentle bake in the oven (175°C) for 10-15 minutes until the crackers are golden brown and crisp. Baking time may vary depending on the thickness of the crackers
13. Allow the crackers to cool completely on a wire rack. Store in an airtight container to keep them fresh