

# Rice crackers

(adapted from mynewroots.org)

## ***Ingredients***

4 cups brown rice, cooked

2/3 cup sesame seeds

½ cup whole flax seeds

2 tablespoon soy sauce

1 teaspoon salt

3 tablespoon olive oil

## ***Preparation***

1. Soak the flax seeds in 1/2 cup of water for at least 20 minutes.

2. Toast the sesame seeds in a pan on medium heat for a few minutes.

Avoid burning the seeds.

3. Mix in a blender all the ingredients except the sesame seeds, until they form a ball. If the mix is too dry, add water one spoonful at a time. Add the sesame seeds and mix.

4. Préchauffer le four à 350°C.

5. Take a ball of dough and lay on a sheet of parchment paper. Season to taste (spices, herbes, garlic, dried tomatoes, olives, pumpkin seeds, etc.)

Place a second sheet of parchment paper on top, and with a rolling pin, roll the dough into a very thin layer. Remove the top paper and pre-cut the dough slightly to create the desired cracker shapes.

6. Place on a cookie sheet and cook between 25-35 minutes, until the crackers are golden. Let cool 5 minutes and break off into individual crackers. If the mix isn't fully cooked, return to oven for a few minutes.