

ALMOND CRISPS



	Ingredients	Exchanges
Protein	11.1 gm NOW Real Food® almond flour	2.1 (-3.15 gm fat)
	----- 4.5 gm raw egg	----- 0.3 (-0.3 gm fat)
Fat	3.8 gm olive oil	1.8 (-3.45 gm)
Other	salt	

*Recipe developed by
Cagla Fenton and Sue Groveman*

DIRECTIONS

- Preheat oven to 325° F.
- Combine all ingredients together in a small bowl.
- Season with a pinch of salt.
- Stir until smooth using a rubber spatula.
- Line a baking sheet with parchment paper.
- Thinly spread the dough on the parchment paper to create a large square.
- Cut the dough into smaller squares.
- Bake for about 10 minutes, or until golden brown.
- Remove from oven and allow to cool before serving.

VARIATIONS

- Other seasonings can be added such as garlic powder, dry mustard, or onion powder.
- Egg whites can be used instead of fresh whole eggs.
- These crackers store very well in the freezer.