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Just Like Wheat Thins (S)

The possibilities for flavoring these crackers are endless. When you need that "crunch" - mix up a batch of these! Great compliments to salad or a bowl of S soup, great base for your chicken or tuna salad, great way to enjoy crackers and cheese, and great for dipping into dips. You can find this recipe on Page 396 of the original Trim Healthy Mama book.

Serving Size: Multiple-serve

INGREDIENTS:

- 3/4 cup golden flax meal
- 3/4 cup almond flour
- 2 egg whites
- 2 Tbsp nutritional yeast
- 1 Tbsp Parmesan cheese
- 1/4 tsp mineral salt
- 1 sprinkle black pepper
- 1 sprinkle onion powder
- 1 sprinkle garlic powder
- 1 Tbsp extra virgin coconut oil (or olive oil)
- 1/2 tsp baking soda

INSTRUCTIONS:

1. Place the golden flax and almond flour or home ground almonds in bowl and mix well.
2. Add the egg whites, nutritional yeast, Parmesan cheese, mineral salt, sprinkle of black pepper, onion powder, and garlic powder. Stir until combined.
3. Lastly add the coconut or olive oil and then the baking soda.
4. Combine ingredients well and work into a dough ball with your hands.
5. Place ball on parchment-lined cookie sheet.
6. Place another sheet of wax paper or cling wrap over the top and roll out ball into a slab about the thickness of a cracker (1/8 inch or less thick).
7. Take off top piece of paper and score slab into small squares.
8. Bake at 350 degrees for 15–20 minutes.

This and other delicious THM recipes can be found at
www.TrimHealthyMembership.com