

Sundried Tomato Flax Crackers

Makes about 120 crackers

- 1 Cup of ground Flaxseeds or Linseeds (if you didn't buy ground flax or linseed then finely grind your flax/linseeds in blender)
- ½ Cup grated Parmesan Cheese
- 2 Tsp fresh or dried Thyme
- 2 Tblsp minced Sun-dried Tomatoes
- 2 Eggs
- Sea Salt for sprinkling (optional)



Preheat oven to 350F/180C Add the ground flax/linseeds, Parmesan, thyme, sun-dried tomatoes into a medium bowl. Stir until fully combined. Add the eggs and blend until a dough forms. Chill for about 5 minutes. Place a piece of parchment paper on your counter top. It should be about the same size as your baking tray/sheet. Put the chilled dough in the centre of the parchment and cover with another piece of parchment paper about the same size. Using a rolling pin, roll until the dough is about 1/8 of an inch thick. Remove the top layer of the parchment. Using a pizza roller or knife cut a grid of 1 inch squares. Be careful not to cut through the parchment. Lift the entire sheet of parchment and crackers onto your baking tray/sheet. Sprinkle with salt (optional) Bake at 350F for 10-12 minutes. If you want them nice and crisp, turn the off and remove the crackers for about 10 minutes until the oven cooks down slightly. Then put the crackers back in while it is still warm and leave them in for about an hour. They will continue to dry out until super crispy.

Nutritional info per serving of 12 crackers: Kcals: 89 Fat: 6g Carbs: 1g Protein: 5g

Walnut and Parsley Pesto

Makes about 240ml (8 Fl oz)

- 75g (2 ½ oz) Walnuts (shelled)
- 60g (2 oz) Fresh Parsley leaves
- 1 Garlic Clove, crushed
- 150ml Extra-virgin Olive Oil
- 30g (1oz) finely grated Parmesan cheese
- Sea Salt & Ground black pepper

Preheat the oven to 350F/180c/Gas 4. Spread the walnuts on a baking sheet and bake for 8-10 minutes, until nuts are lightly toasted. Cool.

Combine the walnuts, parsley and oil in a blender until the consistency of a paste, scraping down the sides of the bowl as needed. Add the cheese and blend. Add salt and pepper to taste.

Nutritional info per Tablespoon: Kcals: 76 Fat: 7.6g Carbs: 0.6g Protein: 1.5g