

CHEESE CRACKERS

This is a delicious wheat-free, sugar-free snack that is quick and easy to make. They look like cookies with a crispy cookie-like texture but the taste is distinctly that of a cracker.

Ingredients

- 1/2 cup sifted coconut flour
- 1/2 cup almond flour *
- 2 eggs
- 1/4 cup butter, melted
- 1/4 teaspoon salt
- 3 cups sharp cheddar cheese, shredded

Method

Blend together almond flour, eggs, butter, salt and cheese. Add coconut flour and kneed the dough in your hands for 2 to 3 minutes. Form dough into 1 inch balls, place on an un- greased cookie sheet and flatten to a diameter of about 2 to 2½ inches. Bake at 205 Degree C (400F) for 15 minutes. These crackers taste best straight from oven and slightly crisp. Leftover crackers can be reheated at 205 Degree C (400F) for about 4 minutes. Makes about 16 crackers.

*Almond flour can be replaced with nut meal if desired. To make nut meal grind raw nuts in a food processor. You may use almonds, pecans, walnuts or any nut of your choice.