

Cherry Rosemary Seed Crackers

Ingredients:

2 cups (500 ml) GF Flour Mix
1 tsp xanthan gum
2 Tbsp. (30 ml) flax seeds
2 Tbsp. (30 ml) sesame seeds
2 Tbsp. (30 ml) millet
1 cup (250 ml) pumpkin seeds
1/2 cup (125 ml) sunflower seeds
1 tsp. (5 ml) salt
2 tsp. (10 ml) crushed dried rosemary
1/4 cup (60 ml) brown sugar
2 tsp. (10 ml) baking soda
1 cup (250 ml) dried cherries
1 3/4 cups and 2 Tbsp (500 ml) soured milk
1 egg white
1/4 cup (60 ml) molasses

Method:

Mix dry ingredients in a medium bowl.
Stir the milk, egg white and molasses together.
Pour the wet stuff on the dry stuff and stir it up.
Turn into two very small greased loaf pans.
Bake at 350 F for 50-60 minutes.
Cool slightly, remove from pans and cool almost to room temperature on rack.
Wrap cooled loaves in waxed paper or foil, or else place in a sealed container, and refrigerate overnight.
Unwrap the next morning and preheat oven to 250 F.
Slice the loaves as thinly as you can manage using a bread knife.
Lay the slices on a cookie sheet and sprinkle with additional salt to taste.
Bake/dry at 250F until crisp (about 85 minutes, depending on how thick your slices are).

Store in sealed containers in a cool dry place for up to 3 weeks.

by Veronica Lanz

Did You Know?

Rosemary (Rosmarinus officinalis) is a well-known culinary herb. However, you may not be aware that rosemary extract has a long history of medicinal uses too. It has been used to treat a wide range of ailments, including stomach upsets, digestive disorders and headaches.

Two of the most important ingredients in rosemary, which are thought to be largely responsible for many therapeutic actions, are caffeic acid and rosmarinic acid - both are potent antioxidant and anti-inflammatory agents. These two natural acids are effective at reducing inflammation which may contribute to asthma, liver disease and heart disease.