

DIY GF Crackers

1 cup oat flour
1/2 cup rice flour
1/2 cup almond flour
1/4 cup flax meal
1/2 tsp salt
1/2 tsp pepper
3 tbsp avocado oil
1/2 cup water
5 drops YL rosemary + essential oil*
5 drops YL black pepper + essential oil*
Assorted seeds for optional topping

Preheat oven to 425 F. Combine the dry ingredients, combine the wet ingredients, mix them together. Roll into a ball and knead it for a minute or two. Place it between two sheets of parchment on a cookie sheet. Roll it out to about 1/8 inch thick. Cut it into squares. Add optional seeds for topping and gently press them in with a rolling pin. Bake for about 15 minutes. Cool. Break apart. Chow down!

* Young Living + oils are labelled specifically for food flavouring