

# Almond Rosemary Flatbread

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup white cheddar or hard goat shredded/grated
- 1 cup almond flour (or ground almonds)
- 1/2 cup buckwheat flour
- 3 tbsp ground flaxseed
- 2 tsp garlic powder
- 2 tsp dried rosemary
- 1 tsp sea salt
- 2 eggs
- 4 tbsp extra-virgin olive oil
- 1/2 cup water

## Instructions:

1. Preheat convection oven setting to 180 degrees Celsius.
2. In a large bowl, combine almond flour, buckwheat flour, ground flaxseed, garlic powder, dried rosemary and sea salt. In a separate small bowl, combine eggs, oil and water.
3. Add the wet ingredients to the dry ingredients and then fold in grated cheese. The batter will be thick and sticky.
4. Optional: Combine all ingredients into a food processor and blend until creamy smooth.
5. Grease pan with oil or cover with parchment paper. Spread batter onto pan.
6. Bake on the convection oven setting for 25-30 minutes until golden brown.
7. Let cool, then cut into squares and spread sweet potato hummus on each square.