

Rosemary Chia Buckwheat Crackers

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- ¼ cup chia seeds + 2/3 cup water*
- ¾ cup buckwheat flour (I used "light" flour)
- 1 tsp baking powder
- 1-2 tsp garlic powder
- 1 tbsp dried rosemary
- Pinch sea salt
- 1/4 cup water

Instructions:

1. Combine the chia seeds with 2/3 cup water in a bowl and let sit until it becomes gooey and gelatinous.
2. In a medium size mixing bowl, combine flour, baking powder, garlic, rosemary, sea salt and water. Add chia seed mixture. Stir together. You may find that it's much easier to just mix it with your hands into a dough consistency -- that's what I did -- a wooden spoon doesn't do as good as a job as your hands!
3. Preheat oven to 350 degrees. Roll the dough out on to a pizza stone or greased baking sheet. Bake for 15-18 minutes. The thicker your crackers the longer they will take to bake.
4. Once finished, let cool and cut into squares to your desired size.

Notes:

*Soak together for 10-15 minutes.