

# Hearty Hemp Flatbread

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup almond flour or ground almonds
- 1 cup hemp hearts
- 1 cup hard goat cheese, white cheddar or non-dairy cheese like Daiya, grated
- 3 tbsp ground flaxseed
- 1 tbsp dried Italian herbs
- 1 tbsp dried garlic powder
- 2 eggs, whisked
- 1/2 cup water
- 4 tbsp extra-virgin olive oil
- 1/2 tsp sea salt

## Instructions:

1. Preheat oven to 350F degrees. Grease a baking sheet or line one with parchment paper. In a large bowl, combine almond flour, hemp hearts, grated cheese, flaxseed, herbs and garlic powder. Mix well.
2. Add to the bowl, 2 eggs, water, oil and sea salt. Combine. To save time, you can also combine all the ingredients into a food processor.
3. The dough should be wet and sticky. Pour on to baking sheet and spread evenly.
4. Bake for 25-30 minutes. Be careful it doesn't burn. If you want it crispier, you can cook it a little longer. It will become golden brown.
5. Cut into squares or triangles and serve with your favourite dip. We enjoy it with the sweet pea hemp dip and sweet potato hummus.

## Notes:

Makes 16, 2.5 inch squares or 32 triangles.