

Flaxseed Crackers

Ingredients

1 Cup Milled flaxseed

2 Eggs

½ Cup parmesan cheese

1 Teaspoon chopped herbs

Sea salt

Method

1. Whisk the eggs together.
2. Place the flaxseed in a bowl, add the cheese, herb and salt.
3. Mix all together then roll out on baking paper.
4. Cut into triangles.
5. Sprinkle with sea salt then bake for 30- 40 mins.