

INGREDIENTS

- 1 cup Almond Meal
- 1 cup Almond Flour + 1 Tbsp for coating
- 1 cup Dried Figs, coarsely chopped
- 2 tsp Baking Soda
- 1/2 tsp of Salt
- ¼ cup Brown Sugar
- 1 cup Plain Greek Yoghurt
- 1 cup Almond Milk
- ¼ cup Honey
- 1 cup Raw Almonds – roughly chopped
- ½ cup Sunflower Seeds
- ¼ cup Chia seeds & Sesame seeds
- ¼ cup of Pepitas
- ¼ cup Flax seeds

INSTRUCTIONS

1. Preheat oven to 180C.
2. Line at least 3 bread loaf tins.
3. Combine chopped figs with a Tbsp of flour to coat and set aside.
4. Whisk together yoghurt, milk and honey in a medium sized bowl. Set Aside
5. Combine flour, meal, sugar, baking soda and salt in a large mixing bowl.
6. Add almonds and seeds to the dry mixture and mix well.
7. Add the wet ingredients to the dry ingredients, adding the figs last and gently stir to combine.
8. Divide the batter between the prepared tins until 3/4 full.
9. Bake for 25-30 mins, until golden brown and a toothpick comes out clean.
10. Cool for 10 mins in the pan, before turning out onto a cooling rack.
11. Once cool, place in the freezer for 1 hour, the crackers then need a second bake.
12. Preheat the oven to 120C and prepare baking trays.
13. Remove the loafs from the freezer and with a sharp knife slice as thinly as possible.
14. Place slices on baking trays and bake for 40-45 mins, until golden brown and crisp.



Almond, Fig & Seeds Gourmet Crackers



Makes approx 40



150 minutes

These gluten free crackers are packed with protein, fibre and healthy fat. This helps keep your blood sugar stable and feel satisfied for longer.

Tips:

- Store in an airtight container
- Mix and match the figs and seeds for other variations
- When you get to the end of the loaf, cut the ends into cubes and toast them like croutons so there is no wastage.

