

Savory Flaxseed Cracker Bites for Digestive Balance

Description: These homemade, fiber-rich crackers are a crunchy, savory twist to your flaxseeds routine. Perfect as a mid-day snack or paired with dips, they support digestion without the sugar found in many snacks.

Prep & Cook Time

- **Prep Time:** 10 minutes
- **Cook Time:** 25–30 minutes
- **Total Time:** 35–40 minutes

Ingredients

- 3/4 cup ground flaxseeds
- 1/4 cup whole flaxseeds (for texture)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt (or to taste)
- 1/4 tsp oregano or dried thyme (optional)
- 1/2 cup water

Instructions

1. Preheat oven to 325°F (160°C) and line a baking tray with parchment paper.
2. In a bowl, mix ground and whole flaxseeds with spices and salt.
3. Add water and stir until a thick, gel-like dough forms.
4. Spread the dough thinly and evenly on the parchment paper using a spatula.
5. Score into cracker-sized shapes with a knife.
6. Bake for 25–30 minutes or until crisp and golden.
7. Let cool, then break into pieces. Store in an airtight container.

Nutrition (Per Serving, approx. 6 servings)

- Calories: 150
- Protein: 5g
- Fat: 11g
- Carbohydrates: 7g
- Fiber: 6g