

VEGETABLE CRACKERS

BY BETSY HICKS

INGREDIENTS:

- 1 cup tapioca flour
- 1/4 teaspoon baking soda
- 1/4 baking powder
- 1/2 cup coconut milk
- 2/3 cup chopped, washed, cooked and drained vegetables (see below for ideas)
- 1 teaspoon sea salt
- oil for pan

DIRECTIONS

Preheat oven to 350 degrees.

Mix flour, baking soda, and baking powder and then add coconut milk. Mix until smooth. Add vegetable, fruit, bean, seed, or meat. On well oiled cookie sheet, baking stone, or parchment paper, drop about 1 tablespoon of the mixture. Batter should spread, but not run. Bake for about 30 minutes and then turn over. Sprinkle with salt. Bake about another 15 minutes or until the cracker is crispy all the way through. If the crackers are soft in the middle they are either not done or the batter is too thick. Add small amount of warm water to smooth out.

FOR CRACKERS

SPINACH
KALE
BROCCOLI
SQUASH
PAPAYA
BEANS
PUMPKIN SEEDS
SESAME SEEDS
GROUND MEAT (USE 1/3 CUP)

