

## APPLE CINNAMON CRACKERS

### INGREDIENTS:

❖ Raw Pecans	1 Cup
❖ Raw Almonds	½ Cup
❖ Almond Pulp	6 Cups
❖ Apples	2 ea
❖ Ground Flax Seed	1 Cup
❖ Almond Butter	½ Cup
❖ Chia Seeds	½ Cup
❖ Maple Syrup	½ Cup
❖ Ground Cinnamon	1 ½ tsp
❖ Sea Salt	½ tsp
❖ Liquid Stevia	½ tsp

### METHOD:

1. Soak Pecans & Almonds after soaking drain and rinse.
2. Place pecans and almonds in food processor using the “S” blade process until it resembles a small crumble.
3. Place in large bowl and add almond pulp, mix and set aside.
4. Using the same food processor bowl combine Apples, Flax seed, almond butter, chia seeds, maple syrup, cinnamon, salt and stevia. Process until creamy.
5. Pour over nuts and almond pulp and mix (I use my hands for the mixing).
6. Spread the cracker batter to ¼ inch on the teflex sheet that comes with your dehydrator. Be careful that you don't spread batter to thin or they will break to easily.
7. Score the crackers and dehydrate at 115° for 6 – 8 hours. When dry enough, flip them over onto the mesh sheet and continue drying for another 6 – 8 hours until completely dry.

**Note:** if you already have soaked and dehydrated pecans and almonds you can use them in place of the raw pecans and almonds.

**Yield @** 100 crackers depending on size you cut them.

