

Buttery walnut zucchini crackers:

Ingredients

2 1/2 cups walnuts

2 1/2 cups zucchini (cubed)

1/2 cup ground flax seed (also known as flaxseed meal)

1/4 cup hemp seed (also known as hemp hearts)

1 1/2 tsp sea salt

My variation:

Use chia instead of hemp seeds

Add onion powder

About a cup of fresh basil and parsley pulsed in food processor

Pepper

cayenne

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1. Fully immerse walnuts in a bowl. Let sit for two hours. Discard soak water. Quickly rinse the walnuts again.
 2. Place walnuts in a food processor. Process them until they are in very small uniform pieces (Mindi suggests that they should resemble cous cous.). Transfer the ground walnuts to a bowl.
 3. Place chopped zucchini in a food processor. Process the zucchini until it's in very small pieces. Add the processed zucchini into the bowl that already has the walnuts in it.
 4. Add ground flax, hemp seeds and salt to the bowl.
 5. Stir well until fully mixed. Add enough water to make spreadable dough (1/2 to 1 cup)
 6. Spread the batter onto two dehydrator trays.
 7. Dehydrate at 115 degrees for the first hour, then lower to 105 degrees for the remaining time. Once they start to stay together very nicely (after a couple of hours in the dehydrator), remove them from the dehydrator. Take a knife and "cut" where you want your cracker lines to be. Once they're done (I dehydrate these for approximately 12 hours in total, because I eat them so fast that I like to leave a tiny bit of moisture still in them. You may need to leave them in longer depending on your batter and the moisture in the air), you'll be able to simply snap them along the lines that you made in the dough.
 8. You'll know that they're done when they look and taste like delicious crackers and snap easily. If they're still kind of wet or doughy, they are not done.
 9. Serve with thinly sliced tomatoes, avocado, sprouts, etc. They're crackers, so do whatever you like with them! Store them in a tightly sealed container.