



## Italian Sardines with Sun Dried Tomato & Flax Crackers

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

363.8 calories, 15.17 g carbohydrate, 12.51 g fiber, 2.66 g NET carbs, 39.2 g protein, 15.63 g fat

#### Ingredients

- 1 can Wild Planet Sardines in Spring Water
- 2 piece(s) Mediterranean Organic Sundried Tomatoes
- 1 serving Foods Alive Original Golden Flax Crackers
- 1/4 tsp(s) organic dried oregano
- 1/4 tsp(s) organic dried basil

#### Preparation

1. Drain the sardines.
2. Chop the sundried tomatoes.
3. Layer tomatoes on crackers.
4. Top with sardines and sprinkle with herbs.
5. Serve.

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