



Rosemary Cheddar Crackers

Active Time: 15 minutes | **Total Time:** 35 minutes | **Serves:** 16

Nutrition Information Per Serving

57 calories, 1.11 g carbohydrate, 0.62 g fiber, 0.49 g NET carbs, 1.76 g protein, 5.32 g fat

Ingredients

- 2 Tbsp(s) grass-fed butter
- 2 ounce(s) organic cheddar cheese, grated
- 1 tsp dried rosemary
- 8 Tbsp(s) blanched almond flour
- 4 Tbsp(s) coconut flour

Preparation

1. Preheat oven to 350 F. Grease a cookie sheet or line with parchment paper.
2. In a medium bowl, add almond flour, coconut flour and butter.
3. Using a pastry blender or fork, mix until pea-sized pieces form
4. Add cheese and mix dough is uniform. Stir in rosemary.
5. Form a log and chill 15-20 minutes. Slice into rounds $\frac{1}{4}$ -inch thick. You may also roll the dough to $\frac{1}{4}$ inch thickness between two pieces of parchment paper, then use a cookie cutter.
6. Place rounds on a greased cookie sheet. Sprinkle with flaky sea salt.
7. Bake for 8-10 minutes until golden. Cool on a wire rack.

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