



Sesame-Dijon Crackers

Active Time: 20 minutes | Total Time: 1 hour | Serves: 16

Nutrition Information Per Serving

34.2 calories, 1.15 g carbohydrate, 0.44 g fiber, 0.71 g NET carbs, 1.17 g protein, 2.99 g fat

Ingredients

- 3 Tbsp(s) tahini
- 1 large pastured egg
- 2 1/2 Tbsp(s) coconut flour
- 2 Tbsp(s) sesame seeds
- 2 tsp(s) spicy brown mustard
- 1/4 tsp(s) sea salt

Preparation

1. Preheat the oven to 325 degrees F. Line a baking sheet with unbleached parchment paper.
2. In a medium bowl, whisk the egg, tahini and mustard with a fork until smooth. Add the coconut flour, salt and sesame seeds, stirring to form a thick dough.
3. Place the dough on a piece of parchment and roll to 1/8 inch thick rectangle. Use a sharp knife to score the dough into 16 crackers.
4. Place the parchment with the dough onto a cookie sheet and transfer to the preheated oven. Bake for 15 minutes. Remove from oven and let cool for 15 minutes.
5. Turn oven down to 300 F and return crackers to oven for another 10-12 minutes to crisp.
6. Let cool before breaking apart. Store in an airtight container and reheat in 300 F oven if re-crisping is necessary.

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