

Chewy Gluten-free Crackers



Serves	20
Prep time	40 minutes
Cook time	1 hour
Total time	1 hour, 40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1 cup uncooked brown rice
- 1/2 cup uncooked quinoa
- 1 tablespoon rice bran oil
- 1 1/2 tablespoon poppy seeds
- 1 tablespoon water
- 1 teaspoon minced garlic
- 1 tablespoon chives (finely chopped)
- 1 teaspoon sea salt

Optional

- 1 tablespoon parsley (finely chopped)

Directions

1. Cook the rice and quinoa as per the directions on the packet, then set aside for each one to cool.
2. Preheat the oven to 150°C. Line a baking tray with baking paper.
3. In a food processor or blender combine the rice quinoa, oil, water, chives, parsley, garlic and salt. Stir in the poppy seeds.
4. Scoop the mixture onto the lined baking tray and, using wet hands, press into the tray. Place another sheet of baking paper on top and roll to an even 4mm thick.
5. Using a knife or pizza cutter slice the dough into the desired shapes.
6. Bake in the oven for 55 - 60 mins until golden, turning half way through. Watch carefully after turning to make sure it doesn't burn.
7. Allow the crackers to cool on the baking tray, they will also harden a bit. Once cool, carefully pull apart.
8. Store in an airtight container for up to 2 days. Store in the fridge for longer.

Note

Low Chemical / Failsafe, Gluten-free, Dairy-free

Parsley can only be used in small amounts, such as a garnish, on the Elimination/Failsafe diet. If unsure whether it can be tolerated, leave it out.