

# Chickpea Herb Crackers

## Ingredients:

- 2 cups chickpea flour
- ½ tsp baking powder
- 1 cup almond meal
- 1 Tbsp chia seeds
- 1 Tbsp poppy seeds (optional)
- 2 Tbsp hemp seeds (optional)
- 1 Tbsp olive oil
- 1 Tbsp maple syrup
- ¼ cup finely chopped rosemary
- ¼ cup finely chopped parsley
- ¼ cup finely chopped thyme
- ¼ tsp salt
- ¼ cup water

## Instructions:

1. Preheat the oven to 180 degrees Celsius and line 2 baking trays with baking paper.
2. Sift chickpea flour and baking powder into a bowl. Add all other ingredients and mix well. Use your hands to form a dough (if the dough is too dry you may need to add a dash more water).
3. Between two sheets of glad wrap, roll out the dough to a 4mm thickness and cut rounds approximately 5.5cm in diameter.
4. Bake in the oven for no more than 15 minutes or until golden (turning tray at the halfway point)

