**Flaxseed Crackers**

**Ingredients**

1 cup flaxseed meal brown or golden

2 teaspoons onion powder

1 teaspoon garlic powder

½ teaspoon salt

3 Tablespoons sesame seeds (optional)

2 teaspoons dried rosemary

½ cup water

**Optional add-in**

Finely chopped walnuts or other nuts

Instructions

1. In a mixing bowl, add all ingredients except water.
2. Mix dry ingredients well.
3. Pour water into dry ingredient mix well till all is moist.
4. Pour ingredients onto a parchment paper and shape into a log.
5. Cover with another parchment paper and use rolling pin to roll out until dough is 1 ½ - 2 mm thick.
6. Remove top parchment paper and cut rolled dough into pieces.
7. Leave cut dough on bottom parchment paper and transfer it to a baking sheet.
8. Bake at 350 degrees for 20-25 minutes. Check crackers every 5 minutes after first 15 minutes of baking. This will prevent over baking the crackers. If the crackers are rolled out thinner, they will bake faster and get crispier.
9. Once done, cool down on a rack until it gets to room temperature.
10. Store in an airtight container for up to 3 weeks in the pantry.