

Quinoa Crackers



- **Cooked Quinoa** – The base of the recipe, providing protein, fiber, and a nutty flavor. Use white quinoa for a mild taste and better binding. Red or black quinoa can be used but may alter the texture and flavor slightly. Ensure the quinoa is completely cooled to avoid a sticky or gummy dough.
- **Oat Flour** – This flour keeps the crackers gluten-free (with certified GF oats). For variation, use chickpea flour for a nuttier flavor or cornstarch for a lighter, crisper texture. Avoid using heavier flours like almond or coconut flour as they don't bind well.
- **Salt** – To enhance the flavor of the crackers and balance the spices. For a lower-sodium option, reduce the salt or use a salt substitute.
- **Garlic Powder, Cumin, Paprika, Oregano** – These spices can be customized based on the flavor profile you prefer. For a spicier cracker, add chili powder or cayenne.

How to Make Quinoa Crackers

This recipe is super easy to make, here's how in pictures.



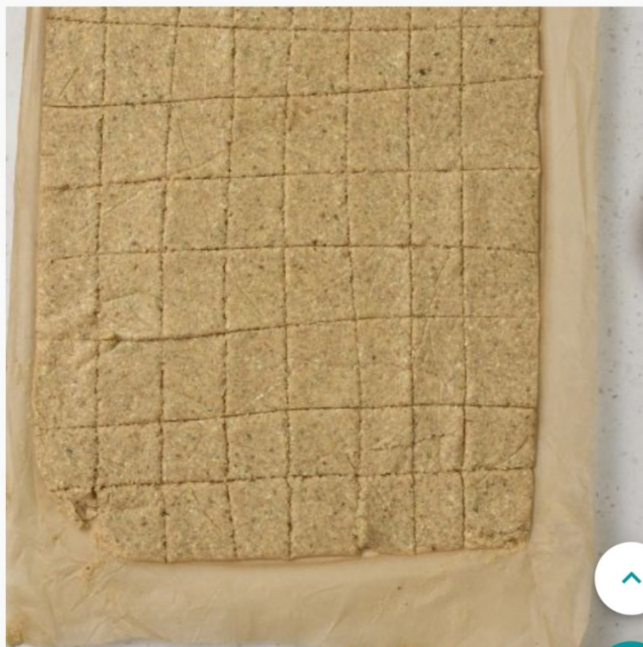
Pour all the ingredients in the bowl of a food processor.



Process the batter until it forms a sticky paste and transfer it to parchment paper.



Flatten the dough into a rectangle, mark the cuts with a knife, and bake the dough for 20 minutes at 350 °F (180 °C).



Separate the crackers on the pan following the marks and bake them again 15-20 minutes.

