

## Quinoa Crackers

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These **Quinoa Crackers** are easy 3-ingredient crunchy crackers perfect for using leftover quinoa. They are gluten-free, egg-free and contain 6 grams of protein and 4 grams of fiber.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/quinoa-crackers/> or scan the QR code here →



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Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Servings: 4 servings (1/4 of the batch)    Calories: 174.1kcal    Author: Carine Claudepierre

### Ingredients

- 2 cups Cooked Quinoa cooled in the fridge (note 1)
- ½ cup Homemade Oat Flour (note 2)
- ½ teaspoon Salt

### Spice flavor suggestions - use them all or some of them (note 3)

- ¼ teaspoon Garlic Powder
- ¼ teaspoon Cumin
- ¼ teaspoon Paprika
- 1 teaspoon Oregano

### Instructions

1. Preheat the oven to 350 °F (180 °C). Prepare a large baking sheet, mine is 18-inch x 12-inch large (45 cm x 30 cm).
2. In a food processor, using the S-blade attachment add the cooled, cooked quinoa, spices of choice (I use them all), and salt.
3. Process on medium-high-speed, stopping the food processor a few times, scraping down the sides of the bowl, and repeating until it looks like a paste. You will still see pieces of quinoa that's normal.
4. Add oat flour and blend again until the paste transforms into a sticky wet dough ball. If too dry, add a little water max 1-2 tablespoons. If too wet, add a bit more flour - but it should stay quite sticky anyway.
5. Generously oil a large piece of parchment paper or use a silicone mat to make sure the cracker dough doesn't stick at all. Place the quinoa mixture on the paper, press another piece of oiled parchment paper on top (oiled side touching the mixture).
6. Use a rolling pin to roll into a thin layer. The thinner, the crispier and the faster they bake. Mine is 14-inch x 10-inch large (36 cm x 26 cm) and I like to fold the sides of the parchment paper to form a nice rectangular shape that encases the dough so as you roll, the thickness is even.
7. Peel off the top piece of parchment paper. Slide the parchment paper, or silicone mat with the rolled dough onto a large baking sheet.
8. Lightly wet the tip of a knife or pizza cutter, to cut/mark crackers, it's a bit sticky, that's why I recommend wetting the knife.
9. Bake the crackers for 20 minutes at 350 °F (180 °C) on the center rack of the oven.
10. Remove the pan from the oven and cut the cracker where the marks are. The top side is dry, the bottom is wet, flip each cracker and spread the crackers to make sure they don't touch each other - I had to use two baking sheets at this stage.

11. Bake the crackers again 15-20 minutes until crispy, check them closely and stop when it reaches your favorite texture.

### **Nutrition**

Serving: 1 serving | Calories: 174.1kcal | Carbohydrates: 30.1g | Protein: 6.4g | Fat: 3.2g | Saturated Fat: 0.5g | Polyunsaturated Fat: 1.5g | Monounsaturated Fat: 0.9g | Sodium: 300.5mg | Potassium: 226.2mg | Fiber: 3.8g | Sugar: 1g | Vitamin A: 24.4IU | Vitamin C: 0.4mg | Calcium: 33.5mg | Iron: 2.3mg | Magnesium: 82.8mg | Phosphorus: 210.6mg | Zinc: 1.5mg

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