

Coconut Flour Crackers



Makes about 30 crackers

Ingredients:

- 1 egg
- $\frac{1}{2}$ cup coconut flour
- Pinch of salt
- 2 tablespoons butter
- $1\frac{1}{2}$ cups shredded cheddar cheese

Adapted from CoconutFlourRecipes.org

Instructions:

1. Pre-heat oven to 400°F.
2. Using a high-power blender or food processor, blend all ingredients together until they are well combined.
3. Spread cracker batter over a parchment paper lined cookie sheet. Place another piece of parchment paper on top of mixture and use a rolling pin to thinly spread batter. Gently pull off the parchment paper.
4. Bake crackers for 10 minutes. Take the crackers out of the oven and score them with a knife or pizza cutter. Return to oven and continue to bake until they are lightly brown and crisp, 5-10 minutes.

Nutrition per 3-cracker serving: Calories 120.9; Total Fat 9.4 g; Saturated Fat 5.7 g; Monounsaturated Fat 2.2 g; Polyunsaturated Fat 0.4 g; Total Carbohydrates 3.5 g; Dietary Fiber 2.0 g; Sugar Alcohols 0.0 g; Sugars 0.5 g; Protein 5.5 g; Sodium 153 mg