

Flax Cracker Recipe

By Nina Lynn



Ingredients: 1 cup organic flax seeds
1/3 cup fresh organic cilantro
3/4 cup organic sun-dried tomatoes, soaked for 2 hrs.
1 tsp. kelp or dulse
1 jalapeno, with or without seeds
1 tbs. organic olive oil
1 clove organic garlic
1 organic onion

Directions: Soak flax seeds in 2 cups of water for 4-24 hours, until the mixture is thick and fermenting. While the flax seeds are soaking, place the other ingredients into a blender or food processor and puree. Once the flax seeds have thickened add the rest of the ingredients. Spread the mixture in a thin layer on parchment paper in the oven on the lowest setting, and flip over when dry on the bottom. Break the sheet into creative cracker pieces to serve.

Flax seeds are a rich source of omega 3 fatty acids, which are needed for normal brain function, the transmission of nerve impulses and the regulation of hormones. Omega 3 EFA's also reduce inflammation and lower cholesterol, and the seeds and crackers in general provide fiber for the colon.

Flaxseed are the richest source of naturally occurring lignans, which are natural plant-based hormones that have the ability to modulate estrogen levels. For women in perimenopause or menopause, flaxseeds may eliminate hot flashes, night sweats, reduce ovarian dysfunction, balance menstrual changes and help to reduce the risk of osteoporosis by increasing bone density.