



CARROT-SESAME CRACKERS

By Elizabeth Richards

This recipe can be made gluten free by replacing the all-purpose flour with a nut flour such as almond or cornmeal.



Yield: 100 1" crackers

INGREDIENTS

- 1/2 cup/71g carrot flour
- 1/2 cup/71g all-purpose flour
- 1 tsp kosher salt
- 1/2 cup/71 ml water
- 1 tbsp olive oil
- 1/4 cup white sesame seeds
- 1/4 cup black sesame seeds

METHOD

1. Preheat oven to 325°F/163°C
2. Mix the carrot flour, all purpose flour, salt water and olive oil together until a dough forms
3. Mix in the sesame seeds until thoroughly incorporated
4. Roll the dough out using a rolling pin until it's very thin, approximately 1/8 of an inch.
5. Slice the dough into your preferred shape such as strips, squares or circles and transfer onto a sheet tray.
6. Bake for 10 minutes and allow to cool completely off before serving or storing.

ZERO-WASTE TIP

This recipe could alternatively be made with chopped nuts, spices, herbs, seeds and grains instead of sesame seeds.

Some flavor suggestions:

- Chopped pistachios + ground cumin + ground coriander + ground green cardamom + dried rose petals
- Chopped almonds + smoked paprika + cayenne
- Sunflower seeds + chopped pumpkin seeds + crushed cashews + nutritional yeast

- *Día de los Muertos*: Puffed amaranth + pepitas + ground cumin + ground coriander + dried Mexican oregano + ground dried chili de árbol (the marigold color of the crackers will complement the aesthetic of any ofrenda and incorporates traditional amaranth that was originally used to make sugar skulls, while sugar skulls are now made from cane sugar, amaranth still features prominently on ofrendas.
- *Carrot cake*: Chopped walnuts + sugar + ground cinnamon + ground allspice + ground ginger + ground nutmeg + ground cloves.
- *Herbs de Provence*: Dried thyme + dried rosemary + dried lavender.
- *Everything bagel*: poppy seeds, sesame seeds, salt, dried garlic, dried onion