

# 4 INGREDIENT FLAX CRACKERS

A simple gluten-free, grain-free cracker.

**Prep time:** 5 minutes

**Waiting time:** 25-30 minutes

**Serving size:** About 40 crackers

This recipe is vegan, plant-based, keto friendly and a great alternative to purchasing crackers from the store (BONUS: You know every ingredient inside!). They are so versatile too! Serve with your favorite dip for a snack, or top with protein and veggies to make it a meal!

## WHAT YOU'LL NEED

- 2 cups Flaxseed Meal
- 1/2 tsp Sea Salt
- 1/2 tsp Ground Black Pepper
- 1 cup Water
- Get creative with additional seasonings like garlic, and other fresh or dried herbs

## METHOD

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. In a food processor combine all dry ingredients. Add water slowly while mixing until an even dough forms.
3. Spread onto the baking sheet and flatten to 1/8-inch thickness. Cut into 1 1/2-inch squares then sprinkle with more salt and pepper.
4. Bake until crisp and the edges are browned, about 25 – 30 minutes. Let cool completely before dividing. Enjoy!



# July's Plant Strong Box

## ORGANIC APRICOTS

*Ripened naturally in the warm Turkish sun non-GMO and sulfur free, apricots are high in vitamin C, potassium and dietary fiber, all which contribute to good cardiovascular health*

**How To Use:** Open and enjoy as a snack or sprinkled in a salad or your morning oats.

## PAPAYA ENZYMES

*These plant-based enzymes derived from papaya, help support and maintain daily digestive health. They contain Papaya enzymes: papain, amylase and protease which aid in the digestion of proteins and carbohydrates, while encouraging proper nutrient absorption.*

**How To Use:** Use a scoop of Matcha in smoothies or with hot water and milk as a latte.

## EARTH GODDESS TEA

*Made with hibiscus, rosehips, cranberries, safflower, juniper berries, black currants, lemongrass, marigold and love, we hope this tea radiates with the plant-based earth goddess inside of you.*

**How To Use:** Place 1-2 tsp of loose leaf tea in a cup with hot water to steep up to 5 minutes and enjoy.

## BLK WATER

*Blk water is fresh alkaline water infused with nutrient-rich fulvic trace minerals from the earth's soil. This gives the water a naturally dark appearance with a mineral, electrolyte, antioxidant and amino acid-packed elixir in every bottle.*

**How To Use:** Refrigerate, open and enjoy!

## FLAXSEED MEAL

*Flaxseed Meal has a mild, nutty flavor and contains a wealth of omega-3 fatty acids. Bob's Flaxseed meal is cold milled to preserve the freshness and nutrition of its oils.*

**How To Use:** Turn this page around for our Flaxseed Cracker Recipe! Also add it to smoothies, cereals, and baked goods for a wholesome nutritional fiber boost.

## GREEN OLIVES

*The ingredients in these Gaea olive snacks are simple with no artificial preservatives. Green olives are high in healthy fats which makes for a great, healthy and nutritious plant-based snack*

**How To Use:** Open and enjoy when you're in need of a healthy snack.

## DAILY GREENS BLEND

*Think of it like this: Your body is a racecar that needs fresh, high-powered fuel every day. Healthy Scoop's Plant-Based Daily Greens Blend makes it easy to get the right stuff in your tank so you can put the hypothetical pedal to the everyday metal. This blend is packed with fruits and veggies, adaptogenic herbs and probiotics in each packet.*

**How To Use:** Pour 1 packet into 8 ounces of liquid. If you're a purist, opt for water or almond milk. Smoothies also make a good home for this stuff.

**Disclaimer:** Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using superfoods, particularly if you have a known medical condition or if you are nursing or pregnant.

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