

Vegan Cheez-It Crackers

Hosted by: Michelle Zitt

The Zone @ UCSD

Ingredients:

- 1 Tbsp. flaxseed meal
- 3 Tbsp. Water
- 1 ¾ cups almond meal
- ¼ cup nutritional yeast
- ½ tsp. salt
- 1 Tbsp. melted coconut oil
- 1 Tbsp. lemon juice
- Kosher salt to garnish

Instructions:

1. Preheat oven to 350°F
2. In a small bowl, combine golden flaxseed meal and water. Let sit for five minutes.
3. Meanwhile, combine almond meal, nutritional yeast, and salt in a large bowl. Add melted coconut oil, lemon juice, and flaxseed mixture and mix until a dough forms.
4. Transfer dough to a piece of parchment and cover with a second piece of parchment paper. Roll dough between parchment paper, removing and replacing the parchment as needed, to 1/16-inch thickness.
5. Remove top sheet of parchment paper and transfer crackers on bottom sheet of parchment paper to a sheet tray. Cut into 1 ½-inch squares or desired shapes. Dock each cracker with a fork and sprinkle generously with kosher or large flake salt.
6. Bake in preheated oven until deep golden, about 25 minutes.



Vegan Sun-Dried Tomato Hummus

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Ingredients:

- 2 cans organic chickpeas (15 ounce cans, drained)
- 1/4 cup organic tahini
- 1/3 cup organic extra virgin olive oil
- 1/4 cup water (purified or filtered)
- 4 cloves organic garlic (freshly crushed)
- 2 organic lemons (fresh squeezed)
- 2/3 cups organic sun-dried tomatoes
- 1 teaspoon Himalayan pink salt

Instructions:

1. Put all ingredients (reserve a handful of chickpeas to garnish) into a food processor and process until creamy and smooth.
2. Adjust seasonings to your preference.
3. Drizzle with olive oil and garnish with extra chickpeas, if desired.
4. Serve with vegetable or healthy chips.

Tips

- You can swap sun-dried tomatoes for items such as chickpeas or kale in order to change the flavor of the hummus. Mix to your liking!
- This hummus pairs wonderfully with our vegan cheez-it crackers.

