

WALNUT HEMP CRACKERS: (LIKE RITZ)

2 ½ cups walnuts soaked 1 hour or more

2 ½ cups cubed zucchini

½ cup ground golden flax seed

¼ cup hemp seed

2 t salt

Grind walnuts in food processor until they are very small uniform pieces (cous cous-like consistency) – transfer to a large bowl.

Process zucchini in food processor until they are in very small uniform pieces – add to bowl.

Add ground flax, hemp, and salt. Blend well. Add enough water (1/2 to 1 cup) to make spreadable dough.

Divide mixture in half and spread each on a non-stick sheet lined dehydrator tray.

Dehydrate 115 degrees for 1 hour. Flip onto mesh dehydrator sheets and dehydrate another 8-10 hours.

Break in to chips or score them halfway through after flipping onto mesh sheet.