

Nut Crackers

*Stephanie Collins
(Paleo Friendly)*

These nut crackers are an excellent substitute for chips or other crackers. They are loaded with protein and heart healthy fat. I'm addicted!

2 cups fine almond meal	1 cup finely grated Parmesan
1 tsp. baking soda	or Romano cheese
1 Tbsp. (heaping) Italian	2 Tbsp. olive oil
seasoning or dried oregano	3 Tbsp. water
	Sea salt

Preheat oven to 350°. In a mixing bowl, combine all ingredients, except sea salt, and stir to form a moist, sticky dough. Add more water or oil, if needed. Using wet hands, place the dough on a baking sheet lined with parchment paper. Using fingers, flatten the dough out into a thin rectangle measuring about 10x8 inches. The dough is very sticky, so you may have to wet hands several times.

Sprinkle top with sea salt. Bake for 20-25 minutes or until dough becomes dry and golden brown. Remove and cool on a wire baking rack. Once the dough is cooled, use a pizza cutter to cut into crackers. Be careful, as they can be very brittle. Store in an airtight container.

Ranch Crackers

Patricia Cooper

1 box saltine crackers	1 cup oil
1 (2 oz.) pkg. Hidden Valley	2 tsp. crushed red pepper
Ranch dressing mix	

Mix oil, dressing, and pepper in bowl. Place crackers in large dish or Ziploc bag and pour marinade over top. Shake to coat.

Can also use marinade on 10 oz. oyster crackers, 16 oz. mini pretzels, or 10 oz. goldfish, and peanuts.