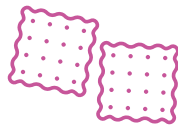


# Herb Crackers



Recipe provides 1.75:1 ratio

966 calories, 28.18 grams protein, 19.4 grams net carbohydrates, 22.23 grams fiber, 84.1 grams fat

<b>Almond flour, Bob's Red Mill</b>	60g
<b>Coconut flour, Bob's Red Mill</b>	40g
<b>Egg whites</b>	50g
<b>Sea salt</b>	1g
<b>Thyme, fresh (or other)</b>	1g
<b>Desired seasoning (ex Italian, cajun)</b>	1g
<b>Flaxseed meal</b>	6g
<b>Extra virgin olive oil</b>	50g

Equipment needed: **sheet pan, parchment paper, rolling pin, medium mixing bowl and rubber spatula**

1. Gather and weigh all ingredients, preheat oven to 400°F.
2. In medium mixing bowl combine all ingredients and mix well.
3. Form mixture into squared ball, move onto parchment paper, and place additional parchment paper on top.
4. Using rolling pin, roll to about ¼ inch thick or thinner if desired, ensuring it is mostly rectangular in shape (it doesn't have to be perfect!)
5. Remove top layer of parchment paper and transfer to sheet pan.
6. Bake for 10 minutes and carefully remove from oven, cool slightly and cut dough into squares (4 x 8 or 5 x 6, will vary with shape rolled) and return to oven for an additional 15 minutes.
7. Bake until golden brown. Let cool completely and serve.
8. When cooled, they can be stored in an airtight container for 48 hours.

When brand names are listed, it is due to the variation of protein, carbohydrate, and fat amounts. Using an alternative brand from what is listed may impact the overall ketogenic ratio and seizure control.



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