

MYX RECIPE

NAME: Myx Crackers - Grain Free, Lectin Free, Sugar Free, Gluten Free

INFO:

These are light and crunchy grain-free crackers that can be flavored with any type of topping. Depending on the added ingredients, these can be made into sweet, cheesy or savory flavors.

INGREDIENTS:

Single Batch Crackers:

Yield: about 32 (plus) mini crackers

1 cup (112 g) Blanched Almond Flour

120 g Tapioca Starch

1 tsp Onion Powder

1 tsp Himalayan Pink Salt

½ tsp White Pepper

1/16 tsp Xanthan Gum

1 cup Water (Start with ½ cup then gradually add more until consistency is similar to a pancake batter, consistency is very important, watch video on blog)

Double Batch Crackers

Yield: about 64 (plus) mini crackers

2 cup (224 g) Blanched Almond Flour

240 g Tapioca Starch

2 tsp Onion Powder

2 tsp Himalayan Pink Salt

1 tsp White Pepper

1/8 tsp Xanthan Gum

1 ½ to 2 cup Water (Start with 1 ¼ cup then gradually add more until consistency is similar to a pancake batter, consistency is very important, watch video on blog)

Toppings:

Everything: Salt, Poppy Seeds, Toasted Onion Flakes, Black Toasted Sesame Seed), Caraway Seeds and Salt, Fennel Seeds and Salt, Rosemary and Salt, Salt and Pepper

DIRECTIONS:

Preheat the oven to 350 F. Line the baking sheet with silicone non-stick sheets.

Preferably in an electric mixer using paddle attachment (or in a medium mixing bowl), combine almond flour, tapioca starch, onion powder, Himalayan Pink Salt, white pepper and xanthan gum. Mix very well with a whisk so that everything is well distributed.

(Approximately 3 to 4 minutes)

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Slowly and in portions, add the water to the mixture. You will want the batter to resemble a thin pancake batter. Scoop out a ¼ cup and slowly pour back into the mixture to get an idea of our batter consistency. If more water is needed, add and mix at this time.

Using the ¼ cup measurer or another utensil, we prefer to use a small piping tool with a medium tip (1/8") and pipe out circular crackers, carefully creating 5 rows of 5 circles on the baking sheet. The circles should be approximately 1 ¾" – 2" (they will continue to spread a little after pouring). We usually pick-up the tray and slightly tip right and left gently to get the batter to spread a little.

Sprinkle each cracker with some finely ground salt and desired topping. Bake for 20-25 minutes (at 350 or 300 convection). In addition rotate trays every 10 to 15 minutes. Bake for another 20 minutes until crackers are lightly golden.

Note: the location of the trays in the oven will affect time and some will need to remain in over for a few mins. Continue checking the color as the main guide.
Transfer to the cooling rack and save in an airtight container.

For sweet options: Add ½ Tbsp. cinnamon and 1 Tbsp. monk sugar to batter. Then sprinkle generously with monk sugar and cinnamon before baking.

For cheese option: Add 3 Tbsp. powder cheese mix. Top with salt