



Breakfast Cookie Recipe

1. In a bowl, whisk together milled flax and water until well blended. Allow the mixture to stand for about 10 minutes to thicken.
2. In another bowl, mix milled sunflower kernel and sunflower oil until well combined.
3. Combine the sunflower and flax mixtures, stirring until thoroughly incorporated.
4. Add date syrup to the mixture and mix well.
5. In a separate container, combine sorghum flour, baking soda, and salt.
6. Gradually add the dry mixture to the wet mixture, stirring until a dough forms.
7. Roll the dough out to a thickness of about 1/4".
8. Sprinkle the quinoa flakes evenly over the entire surface of the dough.
9. Roll the dough once more, to a thickness of about 3/8" and cut into 1" squares.
10. Bake at 350°F on a parchment lined baking sheet for approximately 8 minutes, or until lightly golden.
11. Remove from the oven and allow the crackers to cool on a wire rack.
12. Store in air tight container.

Ingredients

60.1 grams Heat Treated Sorghum Flour
30.9 grams Milled Sunflower Kernel
6.6 grams IntegriPure® Milled Flax
3 grams IntegriPure® Quinoa Flakes
10 grams High Oleic Sunflower Oil
19.8 grams water
1.2 grams baking powder
42 grams date syrup
0.75 gram salt

Yield: 26 crackers