

2-INGREDIENT LOW CARB KETO CRACKERS RECIPE (ALMOND FLOUR CRACKERS)

Crunchy, buttery keto crackers (almond flour crackers) made with 2 INGREDIENTS! Looking for how to make an easy paleo low carb crackers recipe? This is the one.

Prep Time 10 minutes

Cook Time 12 minutes

Total Time 22 minutes

Servings 6 servings (5 crackers each)

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INGREDIENTS

- 2 cup Wholesome Yum Blanched Almond Flour
- 1/2 tsp Sea salt
- 1 large Egg (beaten)

INSTRUCTIONS

1. Preheat the oven to 350 degrees F (177 degrees C) . Line a baking sheet with parchment paper.
2. Mix the almond flour and sea salt in a large bowl. Add the egg and mix well, until a dough forms. (You can also mix in a food processor.)
3. Place the dough between two large pieces of parchment paper. Use a rolling pin to roll out to rectangle, about 1/16 (.2 cm) thick. (It will tend to roll into an oval shape, so just rip off pieces of dough and re-attach to form a more rectangular shape.)
4. Cut the cracker dough into rectangles. Prick with a fork or toothpick if desired. Place on the lined baking sheet. Bake for 8-12 minutes, until golden.

RECIPE NOTES

Serving size: 5 crackers, or 1/6 of entire recipe

Recipe from [The Easy Keto Cookbook](#).

Video Showing How To Make Low Carb Paleo Crackers:

NUTRITION INFORMATION PER SERVING

Calories: 226 | Fat: 19g | Total Carbs: 8g | Net Carbs: 4g | Fiber: 4g | Sugar: 1g | Protein: 9g

Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. We try to be accurate, but feel free to make your own calculations.

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EASY HEALTHY & KETO RECIPES

WHOLESOME
10 INGREDIENTS OR LESS
yum

