

Paleo Low Carb Crackers Recipe with Almond Flour - 3 Ingredients

These crunchy, buttery paleo crackers have just 3 simple ingredients. If you're looking for an easy keto 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 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

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

Nutritional information is provided as a courtesy and we strive to keep it as accurate as possible. Carb count excludes sugar alcohols. Net carb count excludes both fiber and sugar alcohols, because these do not affect blood sugar in most people. We try to be accurate with this information, but please feel free to make your own calculations.

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<https://www.wholesomeyum.com/recipes/paleo-crackers/>

NATURAL GLUTEN-FREE LOW CARB RECIPES

