



# Low Carb Paleo Almond Flour Crackers with Sesame Seeds (Gluten-Free)

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Made with all natural ingredients, these Paleo Almond Sesame Crackers are a nice addition to a Low Carb, Ketogenic diet. Gluten-free and Paleo,

too.

<b>Course</b>	Appetizer, Snack
<b>Cuisine</b>	American
<b>Keyword</b>	Paleo
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	20 minutes
<b>Total Time</b>	35 minutes
<b>Servings</b>	4 people
<b>Calories</b>	197kcal
<b>Author</b>	lowcarbmaven.com

## Ingredients

- 1 cup [almond flour](#)
- 3 tablespoons sesame seeds
- 1/4 teaspoon baking soda
- 1/4 teaspoon [salt](#)
- 1/8 teaspoon pepper
- 1 large egg, beaten
- salt and pepper to top the crackers

## Instructions

1. Preheat the oven to 350 and move the rack to the middle position. Cut two pieces of parchment to fit a large sheet pan, mine is 18 by 13 in (46 by 33 cm).
2. Into a medium bowl, measure and mix all of the dry ingredients. Add the egg and work the egg into the ingredients to form a dough. Devide the dough in half.
3. Place a piece of parchment onto the counter. Spray it with baking spray. Lay one half of the dough in the center of the parchment. Spray the other piece of parchment and lay it spray-side-down onto the piece of dough.
4. Roll the dough into a large rectangle about 1/8th - 1/16 of an inch thick. Remove the top piece of parchment and cut the dough into 20 pieces with a large sharp knife or a pizza cutter. Leave the cut dough in place. Salt and pepper the crackers. Slide the parchment onto a cookie sheet.
5. Bake the almond sesame crackers until they brown slightly, 15- 20 minutes. Let them cool for a minute before putting them on a cooling rack to cool completely. Break apart when cool.

(NOTE: another reader said that her oven is hotter and crackers recipes take about 15 minutes for her. My oven is 20 years old.)

6. Repeat the procedure with the other half of the dough.
7. Store in an airtight container. **Makes approximately 40 crackers. Serving size is 10 crackers each, or a quarter of the recipe.**

## Notes

**Makes approximately 40 crackers.**

**Serving size is 10 crackers each.**

<b>Nutrition Facts</b>	
Low Carb Paleo Almond Flour Crackers with Sesame Seeds (Gluten-Free)	
<b>Amount Per Serving</b>	
<b>Calories</b> 197	Calories from Fat 153
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<b>% Daily Value*</b>	
<b>Fat</b> 17g	<b>26%</b>
Saturated Fat 2g	<b>13%</b>
Polyunsaturated Fat 4g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 53mg	<b>18%</b>
<b>Sodium</b> 184mg	<b>8%</b>
<b>Potassium</b> 227mg	<b>6%</b>
<b>Carbohydrates</b> 6g	<b>2%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 8g	<b>16%</b>
<b>Vitamin A</b> 50IU	<b>1%</b>
<b>Calcium</b> 150mg	<b>15%</b>
<b>Iron</b> 2.2mg	<b>12%</b>
<small>* Percent Daily Values are based on a 2000 calorie diet.</small>	

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