

# Veggie Crackers

These crackers are super easy to make and made from veggies! They also taste great even the kids will love them.

Prep:  
**15 minutes**

Cook:  
**24 hours**

Ready In:  
**24 hours**

Servings:  
**2-4**



## Cheesy Kale

- 1 bunch curly kale
- 2 medium carrots, chopped
- 1/2 medium red bell pepper, chopped
- 1/2 lemon, juiced
- 1/4 cup raw buckwheat groats, soaked
- 4 tbsp nutritional yeast
- 1/2 tbsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 3 tbsp hemp seeds
- 1/4 cup water

## Garden Veggie

- 1/4 cup raw buckwheat, soaked
- 1 1/2 medium zucchini, chopped
- 1 medium carrot, chopped
- 1/2 white onion, chopped
- 1 tbsp italian seasoning
- 4-6 pieces of sundried tomato, soaked
- 3 tbsp flax seeds, whole
- 1 tsp garlic powder
- 1/2 tsp salt

## Instructions

**1** Cheesy kale crackers - Blend all of your ingredients except the kale in a high speed blender. Pour into a bowl and set aside. Remove the leaves from the kale stems and chop the kale leaves in a food processor or vitamix until nice and fine. Add kale to the bowl with the rest of the ingredients and mix together. Place a piece of parchment paper on your dehydrator tray and spread out evenly. Score with a knife and place in dehydrator on 115 degrees for 24 hours\*.

**2** Garden veggie crackers - Blend all ingredients in a blender until smooth. You can also chop this up finely in a food processor for a more chunky / crunchy cracker. Place a piece of parchment paper on your dehydrator tray and spread out evenly. Score with a knife and place in dehydrator on 115 degrees for 24 hours\*.

**3** \*The dehydrating time will depend on how crunchy you want your crackers. It can also help to flip them about 12-16 hours through and take off the parchment paper. You can also do this in an oven on the lowest temperature. Cook for about an hour and check them in the oven, if you can flip them easily do that and let them cook another hour or so.