

Buckwheat crackers (raw = cooked @ or below 105° F.)

from [Cafe Gratitude](#) Excellent eaten alone, with dip, or used as a pizza crust.

<http://glutenfreegangsta.blogspot.com/2008/07/buckwheat-crackers.html>

Makes about 40 Pieces

Presoak for 8 hours, rinse, and drain:

2 C whole-grain **buckwheat**

2 2/3 C **sunflower seeds**

1 Tbl. chopped **garlic**

2 C **veggie pulp** (i.e. shredded carrot, kale, cucumber, celery)

2 tsp. salt

1 Tbl. + 2 tsp. **Italian herbs** or your favorite spices

1/4 C ground **flax seeds**

1/2 C + 2 Tbl. **Olive oil**

1 1/2 C **carrot juice**

1. In a food processor, puree the rinsed & drained buckwheat/sunflower seeds along with the rest of the ingredients until you achieve a creamy texture.
2. Prepare 5 **dehydrator** trays with both the grid & teflex sheets. If you don't own a dehydrator you can bake these crackers in an oven on a cooking sheet with the temperature set to the lowest possible & the door cracked at least 3 inches. Make sure to check on them regularly as to not burn. *(Use waxed or parchment paper. You will need to flip them over or they will never dry on the bottom. Also, when they are crunchy enough, break them in pieces to finish drying faster. - L.)*
3. Moisten hands with water. Place one-fifth of the mixture on top of the teflex sheet. Moisten hands again and begin to spread the mixture out into a layer about 1/4 inch thick, making sure there are no holes and the mixture is evenly spread.
4. With a butter knife, score (slice) each sheet to the desired size of each cracker.
5. Dehydrate @ 145 degrees for 1 hour and then reduce temp to 115 degrees.
6. When the tops of the crackers are dry to the touch, you can flip them.

Other variants:

buckwheat, sunflower seed, red pepper, carrots, garlic, lemon, wild thyme, oregano, rosemary, salt (Luna's recipe)

or <http://veganrawranch.com/?p=1070>

5 c. buckwheat sprouts

2 c. pine nuts or sunflower

1 c. flaxseed meal

2 t salt

2 t cumin

2 Tb honey *(I would probably make them with agave and use very little sweetener - L)*

2 limes
2 big pinches cayenne
3/4 t garlic or 2-3 garlic cloves minced
2 Tb olive oil
1/2 cup pumpkin seeds
2 Tb sesame seed (opt)
Juice 1 stalk celery 5-7 small carrots -- use pulp and all

Process buckwheat in food processor and pour into bowl. This will take a few times of processing. Then process your nuts. You could use your blender for this and blend nuts with carrot juice. In a dry blender or coffee grinder you need to process your flax seeds. Mix everything together except your sesame seeds for your topping and spread on parchment paper and process probably 24 hours until desired dryness. I like mine dry but my friend makes hers not so dry so it just depends how you like them. **Don't forget to score with pizza cutter after about 8 hours. And be sure to drink extra water when eating dehydrated foods.**

other vegan gluten-free cracker recipes at Excaliber (dehydrator manufacturer)'s website:
http://www.excaliburdehydrator.com/recipe.php?category_id=10#30

Mediterranean Flax Crackers
Almond Flax Crackers