

BEACH BASH TWICE-BAKED CRISP BREADS

Makes approximately 40 crisp bread crackers

INGREDIENTS:

- 1 C. brown rice flour
- 1 C. light buckwheat flour
- ½ C. tapioca flour
- 2 T. ground flax seed or chia seed
- 1 t. xanthan gum
- 1½ t. baking powder
- 1 t. salt
- 1 t. spice of your choosing (1 t. rosemary or 1 t. caraway for a “rye” flavor)
- 1¼ C. water
- 1 T. olive oil
- 1 bag Enjoy Life Foods Beach Bash Seed & Fruit Mix

DIRECTIONS:

1. Preheat oven to 350° or, if using a convection oven, 325°.
2. In the bowl of a food processor or in a stand up mixer, combine all dry ingredients. Mix for about 30 seconds.
3. While the mixer is running, add the water and oil in a continuous stream. If you are using a stand up mixer, add the Seed & Fruit Mix and allow to mix in. If using a food processor, stop the processor once the dough is mixed, place dough in a bowl, empty beach bash onto dough and knead to incorporate the beach bash into the dough.
4. Divide the dough into two. Roll out the dough into two equal sized cylinders and place on a sheet tray lined with parchment or a silpat.
5. Pat down into desired shape (We like to make ours look like biscotti).
6. Brush with olive oil and sprinkle with a little sea salt, pepper, and/or herbs of your choosing, being careful not to use too much.
7. Bake for 20 minutes or until the dough has started to harden and color a little.
8. Allow to cool completely. You will not want to cut it while it is still hot, as it is challenging to slice still-hot dough into thin slices.
9. Once the dough has cooled, with a sharp serrated bread knife, make diagonal slices into the dough (“slice on the bias”), keeping the slices as thin as possible – less than ⅛”.

10. Thick slices will still taste good, but they will be rather difficult to eat.
11. Set the oven to 250°.
12. Place each slice on the baking sheet – if you want to make them extra rich, you can brush them with olive oil before baking.
13. Bake for 30 minutes or so, or until the crisp breads are dry.
14. To test, take one crisp bread off the sheet and allow to cool. Bite into it. If it is crisp, it is ready. If not, keep in oven and check every 5 minutes.
15. Allow to cool completely. Use right away or store in an airtight container. Stays crisp for up to a week.