

Leek and Onion Flax Seed Crackers with Herbed Cannellini Spread

Leek and Onion Flax Seed Crackers:

8 cups water
6 cups flax seeds
1 large onion, sliced thinly
1 leek, sliced thinly
2 t salt

Preheat your oven to 325°F. In a large bowl, combine the water, salt, and flax seeds. Add the sliced onion and leek. Set to the side and allow the flax seed mixture to set for at least half an hour. After the mixture has thickened, spread onto a parchment lined baking sheet using a spatula. Score with the blunt side of a knife for even, consistent crackers or leave unscored and break after baking for a rustic appearance. Place the baking sheet in the oven. Bake for about 20 minutes, until golden and crisp. Allow to cool, then break and serve.

Herbed Cannellini Spread:

8 cups water
6 cups flax seeds
1 large onion, sliced thinly
1 leek, sliced thinly
2 t salt

To a food processor, add the cannellini beans along with all other ingredients. Blend on high, until creamy. If thicker than desired, add one tablespoon of water at a time until thinned to preference. Serve chilled with a drizzle of sunflower oil for garnish.

Recipe contributed by Mercedes Melendez



ATLANTA BOTANICAL GARDEN