



# LOVE YOUR BONES ALMOND ROSEMARY CRACKER RECIPE

## ALMOND ROSEMARY CRACKER INGREDIENTS



- 3/4 cup of blanched almond flour
- 1 egg
- 1 tablespoon of olive oil
- 2 tablespoons of cut up fresh rosemary, or you can use one tablespoon of dried rosemary
- 1/2 teaspoon of sea salt
- dash of black pepper

## Almond Rosemary Crackers

### STEP 1



Preheat the oven to 350 degrees.  
Get out cookie sheet & parchment paper & rolling pin & large mixing bowl & mixing spoon & pizza cutter.

### STEP 2



Add all ingredients into the mixing bowl and stir together.

### STEP 3



Shape it into a rectangle with your hands.  
Lay parchment paper on your counter, put the dough on the parchment paper then add another piece of parchment paper on the top.  
Roll out the dough to be the thickness of a cracker about 1/8 of an inch.



### STEP 4



Peel off the top sheet of the parchment paper, flip onto the baking sheet.  
Remove the 2nd parchment paper on the flipped side.  
Cut with pizza cutter into cracker shapes.  
Put in the oven and bake for 10-12 min.

ENJOY!

## BENEFITS OF MAKING YOUR OWN HEALTHY ALMOND ROSEMARY CRACKERS

- Quality healthy ingredients that contain Protein, Fiber, Calcium, Healthy Fats, Magnesium, Vitamins & Minerals
- No preservatives
- Fresh and delicious tasting, aroma fills your home

## LOVE YOUR BONES TIGER TIPS



Listen to Your Body and  
Give it What it Wants

- \* Nutrients (Healthy Foods)
- \* Hydration (Water)



Eat more vegetables



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