

Garlic Herb Crackers

Created by Kristy Regan for the NCNM SIBO Lab

This cracker recipe is adapted from a recipe from the NCNM [Food as Medicine Institute](#) FAME program. Using garlic oil is a good way to get the taste of garlic without using high FODMAP garlic cloves.

Ingredients:

- 1 $\frac{3}{4}$ cups almond flour
- $\frac{3}{4}$ t salt
- 2 T finely chopped herbs such as rosemary, thyme, sage and/or basil
- 1 T garlic oil
- 1 egg or egg substitute

1. Combine almond flour, salt and chopped herbs in a large bowl.
2. Make a well in the middle of the dry ingredients by pushing them to the side.
3. Add the wet ingredients to the middle and mix together until combined.
4. Press the dough together into a ball.
5. Press the dough onto a large piece of parchment paper and top with a piece of the same size.
6. Using a rolling pin, roll the dough out to approximately 1/8 inch thickness. Thinner dough will produce crispier crackers.
7. Remove the top piece of parchment paper and discard.
8. Score the dough into 2 inch squares or diamonds using a pizza cutter.
9. Leaving the dough on the parchment, move to a cookie sheet.
10. Bake at 350 for approximately 15 minutes or until golden brown.
11. Cool and serve.