

# Cheddar Crackers

## About

This makes one or more baking sheets of cheese crackers compatible with enlightened ancestral diets, such as Undoctored, Wheat Belly, Grain Brain, LCHF generally, and most paleo/primal.



Makes: 48 pc

Serving Size: 8 pc

Macronutrients: Net carbohydrates: 1.7 grams

(total carbs: 2.5g, fiber carbs: 1.5g),

Sodium 205mg, Fat: 17g, Sat.Fat. 6.5g Protein 10g

## Ingredients:

- 8 ounces (227g) sharp cheddar cheese<sup>a</sup>
- 1 cup (237ml, ~112g) almond flour<sup>b</sup>
- ½ teaspoon (1.2ml, ~1g) salt<sup>c</sup>
- ¼ teaspoon spice (0.6ml) {cayenne pepper works}

Dry ingredients (flour, salt, spice) may be prepared in advance if needed.

## Tools/Utensils Needed

- Food processor with large chopping blade (plastic or metal)
- Baking sheet (16 × 14 inch air-core used here, and required cooking in 2 batches)
- Cheese grater
- Roller or improvised forming cutter
- Perforator if dough prepared as single sheet
- Oven
- Cooling rack

## Mixing:

1. Preheat oven to 300°F/140°C.
2. Thoroughly mix dry ingredients (flour, salt, spice). This can be done in the food processor if these ingredients cover the blade.
3. Grate the cheese and add it to the food processor.
4. Run the food processor until the mixture is well blended and getting very clumpy.

- a. For pre-shredded cheese, select a product w/o antimicrobials (e.g. natamycin) or anti-caking agents.
- b. Almond meal may be substituted, or even finely ground whole almonds.
- c. Redmond Real or other ancient mined salt suggested, coarse, freshly fine-ground.

## Forming

Decide if you want to form the crackers individually, or as a sheet. In either case the baking sheet does not need to be greased, as the fats in the crackers prevent sticking. You may need waxed paper or a greased roller to prevent sticking to the form or roller. Coconut oil suffices.



If you can find a 1 inch (2.5cm) diameter mechanical ice cream or cookie scoop, it might be ideal. 1.25 inch (2 teaspoon) is a bit big.

## Individual Forming

5. Gather the dough into a large ball, and subdivide into 3 equal sections. Then subdivide each in halves 4 times for 48 total pieces.
6. Place each piece on the sheet and flatten to ⅛ inch thick.

## Sheet Forming

5. Roll out the single dough ball into a sheet ⅛ inch thick.
6. Perforate to create 48 pieces (e.g. 6 × 8 rows).

## Bake

At 300°F/140°C for 20 to 30 minutes, until lightly browned (24 min. seemed to be about ideal for our most recent batch).

Check the center of several crackers for firmness. Continue baking if still soft.

Carefully remove crackers from baking sheet and place on rack to cool.

Refrigerate if not consumed within 24 hours.

May be frozen.