

# Healthy Low-Carb Kale Crackers

Hands-on 15 minutes Overall 1 hour 30 minutes

**Nutritional values (per cracker):** Total carbs: 2.1 g, Fiber: 1 g, **Net carbs: 1.2 g**, Protein: 2.3 g,

Fat: 8 g, Calories: 85 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes about 28 crackers)

135 g curly kale (4.8 oz)

135 g [Brazil nuts](#) (4.8 oz)

135 g [sunflower seeds](#) (4.8 oz)

2 large eggs

1/2 large white *or* yellow onion (75 g/ 2.6 oz)

2 tbsp solid virgin [coconut oil](#) (54 g/ 1.9 oz)

2 tsp [Chinese five spice powder](#)

1-2 tsp salt (I like [pink Himalayan](#))

*Note: You can make your own [Chinese five spice blend](#). Simply mix equal parts of ground [cinnamon](#), ground cloves, fennel seed powder, star anise powder and Szechwan peppercorn powder.*

## Instructions

1. Preheat the oven to 150 °C/ 300 °F. Line a baking tray with nonstick baking paper. I used strong baking paper lined with aluminium foil on one side that won't stick or tear.
2. Put the kale leaves into a [food processor](#) and process until finely chopped. Add the remaining ingredients.
3. Process again to a smooth paste. Using a spatula, spread the paste onto the lined tray as thinly as possible.
4. Bake for 55–70 minutes, depending on how crunchy you like the crackers. Allow to cool down, then break them into pieces by hand or using a pizza cutter. *I wanted to make the crackers extra thin and used 1 1/2 baking sheets and made 28 crackers (instead of 20 crackers).*
5. Serve with healthy keto dips (see suggestions above).

## Giveaway!

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Why do you follow the ketogenic diet? (e.g. weight loss, health

reasons)

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