

# Cheesy Grain-Free Spinach Crackers

Hands-on 15 minutes Overall 60 minutes

**Nutritional values (per cracker):** Total carbs: 4.2 g, Fiber: 2.8 g, **Net carbs: 1.4 g,**

Protein: 4.5 g, Fat: 10.9 g, Calories: 126 kcal,

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



## Ingredients (makes 16 crackers)

150 g fresh or frozen and thawed spinach (5.3 oz)

1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)

1/4 cup [coconut flour](#) (30 g/ 1.1 oz)

1/2 cup [flaxmeal](#) (75 g/ 2.6 oz)

1/4 cup butter *or* [ghee](#), room temperature (56 g/ 2 oz)

1/2 tsp ground cumin

1/2 tsp dried, flaked chili peppers

1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

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

*You can roll the dough out even thinner or cut the crackers into more pieces. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Fill a sauce pan with water and bring to a boil over a high heat.  
Once simmering, add the spinach and cook for just about a minute until wilted. Transfer the leaves into a bowl with cold water. Then, strain and squeeze the water out of the leaves. *If you're using frozen and thawed spinach, make sure you squeeze any water out.*
2. Place in a [blender](#) or [food processor](#) and pulse until smooth. When done, set aside.
3. Meanwhile, mix the dry ingredients: almond flour, coconut flour, flaxmeal, cumin, chili flakes, salt and Parmesan cheese.
4. Add the spinach and softened butter. Using your hands, mix until well combined.
5. Wrap the dough in a foil and place in the fridge for 30-60 minutes.  
Then, preheat the oven to 200 °C/ 400 °F. Remove the wrapping and place on a baking sheet lined with parchment paper.
6. Place another piece of parchment paper on top and roll out until the dough is about 1/2 cm / 1/4 inch thin. Alternatively, use a [nonstick silicon covered roller](#) and a silicon mat [like I did in this tortilla recipe](#).

*I rolled the dough out directly in the baking sheet and that's how I achieved the square shape.*

7. Using a [pizza cutter](#), cut the dough into 16 equal pieces. Place in the oven and bake for 18-20 minutes. They are not as crunchy as *regular* crackers: if you prefer a crunchier texture, bake for additional 15-20 minutes on 125 °C/ 260 °F. Try with [salmon paté](#) or [guacamole](#) on top. Enjoy!

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