

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: 127 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 *or* other Italian hard cheese (45 g/ 1.6 oz)
- 1/2 tsp salt (I like [pink Himalayan](#))

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 to 60 minutes. Then, preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Remove the wrapping and place on a baking sheet lined with parchment paper. *Note: Based on feedback, the edges may burn as they are typically rolled out thinner. To prevent that, use a lower temperature setting such as 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional) and bake for a few more minutes.*
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](#). *Note: I rolled the dough out directly in the baking sheet and that's how I achieved the square shape. You can roll the dough out even thinner or cut the crackers into more pieces.*
7. Using a [pizza cutter](#), cut the dough into 16 equal pieces. Place in the oven and bake 18 to 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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