



# GLUTEN FREE SOURDOUGH CRACKERS

YIELDS: APPROX. ONE BAKING SHEET AMOUNT OF  
CRACKERS (DEPENDENT ON SIZE OF SQUARES CUT)

If you have been making our Gluten Free Sourdough recipe, you no doubt have some discard from your sitting in your fridge. Rather than throwing it out, try this cracker recipe. The tanginess of discard lends itself perfectly to it! This is a recipe adapted from our friend, Mary Thompson @acoupleofceliacs



## *Ingredients*

- 220g (1 cup) sourdough starter discard
- 100ml warm water
- 1 tsp onion, grated
- 2 garlic cloves, minced
- 2 tsp psyllium husk
- 1 Tbsp olive oil, plus extra for brushing on top of crackers
- 1 Tbsp nutritional yeast, plus extra for sprinkling
- 20g (1/4 cup) Anita's Organic Gluten Free Tapioca Flour
- 40g (1/4 cup) Anita's Organic Gluten Free Brown Rice Flour
- 90g (1 cup loosely packed) aged cheese, grated
- 1/4 cup parsley (optional), chopped
- 1 tsp salt
- 1/4 tsp pepper

## *Instructions*

1. Preheat the oven to 375°F
2. In a bowl, mix together the unfed starter (straight from the fridge), with the warm water, then add all the other ingredients. Rest for 30 mins in a warm place.
3. Knead the dough until thoroughly mixed and roughly shape into a rectangle on a piece of parchment paper.
4. Using a rolling pin, roll the dough as thin as you can to an 1/8 of an inch thick or even thinner, then cut into squares with a pastry cutter or a knife
5. Transfer the dough and parchment paper onto a baking sheet. Lightly brush the tops of the sourdough crackers with olive oil. Sprinkle the tops of the crackers with salt and more nutritional yeast. Prick crackers with a fork.
6. Bake for 40- 45 minutes, until they are starting to brown around the edges.
7. These are so good eaten warm and you can reheat them before serving. You can also store them in an airtight container at room temperature

DID YOU MAKE THIS RECIPE? Tag [@anitasorganic](#) on Instagram and hashtag it with [#makeitwithanitas](#)  
Find more recipes at [anitasorganic.com/recipes](https://anitasorganic.com/recipes)