

ROSEMARY



ROSEMARY GLUTEN-FREE CRACKERS

Ingredients:

- ½ cup golden flax, ground (or ½ cup chia seeds)
- 1 cup water
- 3 cups almonds, soaked overnight, rinsed and drained with skins removed
- 1-2 drops Rosemary Culinary Essential Oil
- Fresh ground black pepper to taste
- Sea salt to taste

Directions:

Stir ground flax (or chia seeds) into 1 cup of water and set aside for half hour to soften. Place wet, drained almonds in the food processor and process until very fine. In a large mixing bowl, add almonds, stir in flax (or chia) mixture, Rosemary Culinary Essential Oil, salt and pepper. Spread thin on a non-stick sheet, place another non-stick sheet on top of the mixture, and roll out with a rolling pin. Cut into rectangles. Dehydrate at 145°F for 45 minutes*. Decrease heat to 115° and continue to dehydrate until crisp, approximately 8 hours.

*If you do not have a dehydrator, place on a parchment paper-lined cookie sheet, lay another piece of parchment paper on top and flatten out to ¼ inch or less. Remove top layer of paper. Poke holes with fork to help crisp them and put in oven on lowest setting, with door ajar to let out moisture. Every batch will be different depending on the humidity of where you live, so keep an eye on them; it will usually only take 1-2 hours because of the higher temperatures.

ROSEMARY PECANS

Ingredients:

- 2 cups pecans
- 1 tbsp. honey
- 1 tbsp. melted butter
- 2 drops Rosemary Culinary Essential Oil
- 1 tsp. salt

Directions:

Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper. Mix pecans, honey, butter, Rosemary Culinary Essential Oil and salt together in a bowl until pecans are coated, spread onto the prepared baking sheet. Bake until pecans are lightly browned, about 10 minutes.

BARBEQUE KALE CHIPS

Ingredients:

- 2 large bunches of kale
- 1 cup tomatoes, chopped
- 1 cup sun-dried tomatoes, chopped (soak 2 hours to soften, drain and then chop)
- 1 tsp. Bragg Liquid Aminos or low sodium soy sauce
- ½ cup sweet yellow onion, chopped
- 1 drop Rosemary Culinary Essential Oil
- 1 tsp. garlic, minced
- 5 whole dates, seeded and chopped
- 1 small red jalapeno, minced
- 1 tbsp. apple cider vinegar
- ½ cup almonds, soaked

Directions:

Peel kale leaf off of the rib and tear into palm-size pieces. Place in large bowl and set aside. Blend the rest of the ingredients until creamy and smooth. Pour blended sauce over kale, mixing to cover well. If the sauce drips off or is too thick, add more kale pieces. You want it to be just lightly coated. Put your coated kale chips on your dehydrator trays and dehydrate until crisp – usually 8 hours (if you can stop yourself and your family from sneaking a taste). If you don't own a dehydrator, spread them on lightly buttered cookie sheets and bake at lowest temperature with the door ajar; usually an hour or so.

Tip: this sauce can be used any other time you want a barbeque sauce that is yummy and good for you.