

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Paleo Dippin' Crackers

Contributed by Coach Karen

1 cup unsalted sunflower seeds
1 cup unsalted sesame seeds
1/4 – 1/2 cup water
Mrs. Dash seasoning of your choice

Preheat the oven to 350 degrees.

Pulse the sunflower seeds in the food processor until ground to a flour-like texture. The grind won't be as smooth as flour — it will be thicker and heavier.

Add the sesame seeds and pulse a few times. Sprinkle the Mrs. Dash to taste into 1/4 cup of water and stir to mix. Slowly add 1/4 cup of water, pulsing until a thick paste / dough forms. If the paste / dough is too dry, add more water ... add slowly though. If you add too much, you've got yourself a mess.

Roll the paste / dough as thinly as possible between two pieces of parchment paper. This may take a bit of patience, and little patchwork here and there. Still on the bottom parchment paper, slide the rolled out paste / dough on to a cookie sheet, peel off the top layer of parchment, tidy up the edges of the paste / dough, and score into squares. Sprinkle with a bit more of the Mrs. Dash and then bake until golden brown, around 20 minutes. If your oven runs hot, check the crackers before 20 minutes. Allow to cool thoroughly before breaking into squares as scored.



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