

***Italian Crackers &  
Pizza Crust Variation***

*Yields: 25-35 crackers or ~10 pizza crusts*

Use 1 teaspoon of the Italian Spice Blend (page 20) or make this special blend for pizza and crackers:

**Pizza Seasoning Spice Blend**

¼ teaspoon fennel seeds

1 pinch oregano

1/8 teaspoon thyme

¼ teaspoon store-bought Italian seasoning blend

Grind all spices separately in a spice grinder or mortar and pestle and set aside. If this recipe turns out to be a hit, consider making extra Pizza Spice Blend so you always have some on hand.

***Ingredients***

1 Tablespoon olive oil

2 Tablespoons tomato powder (page 22)

***Directions:***

Prepare Carrot Ginger Cracker dough (page 61).

To this mixture add the pizza seasoning blend, olive oil and tomato powder and continue processing until well incorporated. You might need to stop the food processor periodically and use a spatula to scrape the sides and help incorporate ingredients into the dough uniformly. A stand mixer works beautifully to fold all ingredients together for this recipe.

**For Italian Crackers:**

Line one dehydrator tray with both grid and Paraflexx sheet. Place the mixture on the sheet and cover with a second Paraflexx sheet. Using a rolling pin, or similar, roll out the dough as best you can. Remove the top Paraflexx and continue to flatten and shape the dough using an off-set spatula to spread the full amount of the mixture to ¼ inch thick or less. Thinner is better. Score into desired shapes. Note: mixture will be very thick.

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...Recipe continued from other side

Dehydrate at 115° for about 2 hours or until dry to the touch. Flip your crackers and remove the Paraflexx sheet. Continue dehydration until crackers are completely dry and crunchy – for about another 10 hours more. Crackers can be stored in an air-tight glass container for up to 3 months.

### ***Pizza Crust variation:***

This mixture can be hand shaped into rustic mini pizza crusts.

1. Use  $\frac{1}{4}$  –  $\frac{1}{2}$  cup of the mixture for each individual crust.
2. Roll measured amounts into balls.
3. On the solid surface or Paraflexx sheet individually knead the dough with your knuckles from the center outward, pushing up high edges to form a crust. Continue to knead and shape with your hands until you reach desired shape and thickness. Place individual crusts directly on dehydrator grid sheets – no Paraflexx needed.
4. Dehydrate at 115° for 8-9 hours until crusts are dry to the touch, yet edges are still spongy. Store in the refrigerator in an air-tight glass container for up to a week. If dried completely they can be stored in the cupboard for up to three months.