

Healthy Hummus Crackers

1 cup chickpea (garbanzo bean) flour

1 1/4 cups hot water

2 tbsp tahini paste

1/2 tsp granulated garlic

1/2 tsp salt

toasted sesame seeds, for sprinkling (optional)

Preheat the oven to 350F. Line three sheet pans with parchment paper and set aside.

In your blender pitcher, combine the hot water and tahini paste. Blend until the tahini paste is completely incorporated. Add chickpea flour, granulated garlic, and salt. Blend to combine. Pour into a bowl and allow to cool for about fifteen minutes (it doesn't have to be all the way cool but it will be too runny if it's really hot). It should look a bit like crepe batter.

Spoon the batter by the teaspoon onto the parchment lined pans, about twelve crackers per pan. Funky shapes are fine, and quite likely if your kids are helping. Sprinkle the tops of the cracker batter with sesame seed.

Bake in the 350 degree oven, three sheets at a time, with the racks toward the bottom of the oven. Rotate the pans every ten minutes, about 30-40 minutes, until the crackers are starting to curl at the edges. (Not every pan might cook at the same rate, despite the rotation—that's okay, just leave the less crunchy ones in a little longer until they are crunchy.) Cool the crackers on the pan for five minutes, then remove to a cooling rack (or your mouth) and spoon out the rest of the batter (you should have enough left for two or three more pans). If you take the crackers out and cool them, only to find they're underbaked (they bend rather than snapping) all is not lost! Just pop them back in the oven until they crisp up, watching carefully so they don't burn.