


1-Bowl Vegan Gluten-Free Crackers

 minimalistbaker.com/1-bowl-vegan-gluten-free-crackers/

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This recipe is for the carb and cracker lover who is ready to up their game and make their own at home. (Trust me. It's not as scary as it sounds.)

Or, if you ever make your own almond milk, you likely have leftover pulp! You can put it to good use in these crackers. (Yet another reason to try this recipe.)

What I'm saying is: These delicious crackers make excellent use of ingredients you likely have in your pantry right now. Shall we?



This recipe requiring just a **food processor** (or bowl!) and **7 ingredients** to make.

The base is gluten-free flour blend and almond meal, and the flavor comes from salt, garlic powder, and rosemary. You could also add a little nutritional yeast for cheesiness if you'd like (see my Vegan Cheez Its for inspiration).



Next comes oil and water to bring moisture to the dough.

The fat adds a bit of flakiness, and water brings crispiness. A perfect balance of the two makes these crackers easy to roll out and form as well as spot-on in texture.

Once they're rolled out and sliced, a quick trip to the freezer helps them firm up to make transferring to the baking sheet a breeze. Then just 15-20ish minutes in the oven and BAM! You have homemade crackers on your hands!





I hope you all LOVE these crackers! They're:

Crispy
Tender
Flavorful
Wholesome
Easy to make
& So delicious

These would make the perfect snack to have on hand during the week. They would be especially delicious with [Hummus](#), [Nut Butter](#), [Vegan Nutella](#) (do it), [Lentil Dip](#), [Chickpea Shawarma Dip](#), [Spicy Pimento Cheese Ball](#), or [Smoky Harissa Eggplant Dip](#).

For similar recipes, check out our [Vegan Cheez Itz](#) and [Cheezy Peanut Butter Crackers](#)!

If you try these crackers, let us know! Leave a comment, rate it, and don't forget to tag a photo [#minimalistbaker](#) on Instagram so we can see. Cheers, friends!





☆☆☆☆☆

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1-Bowl Vegan Gluten Free Crackers

Crispy, thin, gluten-free crackers reminiscent of Wheat Thins! Just 7 ingredients and 1 bowl required for these delicious snacks. Perfect for dipping in hummus, nut butters, and more!

Author: Minimalist Baker

Prep Time 20 minutes

Cook Time 22 minutes

Total Time 42 minutes

Servings: 12 (5-cracker servings)

Category: Side, Snack

Cuisine: Gluten-Free, Vegan

Freezer Friendly 1 month

Does it keep? 1 Week

US Customary - Metric

- 3/4 cup DIY Gluten-Free Flour Blend*
- 2/3 cup almond meal* (or sub gluten-free oat flour*)
- 1/4 tsp baking powder
- 2 Tbsp flaxseed meal
- 1 tsp fresh chopped rosemary
- 1/2 tsp sea salt
- 1/8 tsp garlic powder (*optional*)
- 3.5 Tbsp neutral oil (i.e. grape seed or avocado oil)

- 3-5 Tbsp cold water

1. Preheat oven to 325 degrees F (165 C) and line 1 large or 2 small baking sheets with parchment paper (adjust number of baking sheets if altering batch size).
2. Add dry ingredients to a food processor or a mixing bowl and process or whisk until thoroughly combine.
3. Then add oil and pulse/use a pastry cutter or fork until crumbly.
4. Add cold water 1 Tbsp at a time, pulsing/stirring until it forms a semi-sticky dough that's moldable with your hands and not crumbly. It shouldn't need more than 5 Tbsp (amount as original recipe is written // adjust if altering batch size).
5. Remove from processor or mixing bowl and form into a loose ball with your hands. Transfer to a clean surface lined with wax or parchment paper. Lay another sheet of parchment paper or wax paper on top and use a rolling pin to roll the dough out into a rectangle slightly less than 1/8th inch thick (see photo).
6. Use a knife, a pizza cutter, or a small cookie cutter to cut the dough into squares (or circles). Makes about 60 squares (amount as original recipe is written // adjust if altering batch size).
7. Transfer the dough (still on the wax paper or parchment) to a baking sheet and pop in the freezer for about 10 minutes to stiffen. This will help them firm up and become easier to transfer to the baking sheet.
8. Once firm, use a spatula to carefully transfer the crackers to the parchment-lined baking sheet(s) in a single layer, making sure they aren't touching to ensure even baking.
9. Bake for 16-22 minutes or until slightly golden brown (be careful not to burn). Remove from oven and let cool.
10. Enjoy immediately. Store leftovers covered at room temp for up to 1 week or in the freezer for 1 month.

*You can try subbing other gluten-free flour blends, but we can't guarantee the results. Also, if not gluten-free, feel free to sub unbleached all-purpose flour, spelt flour, or whole-wheat pastry flour.

*You can sub gluten-free oat flour for the almond meal, but we haven't tried it and can't guarantee the results.

*If using almond meal leftover from making almond milk, we would suggest dispersing the meal on a parchment-lined baking sheet and baking at a low temperature (200 degrees F (93 C)) for 15-20 minutes or until dry and the texture of almond meal. Additionally, you may need more oil and/or water to prevent the dough from cracking. We recommend modifying to a total of 5 Tbsp oil and 6 Tbsp water (amounts as original recipe is written // adjust if altering batch size).

*Nutrition information is a rough estimate.

*Recipe loosely adapted from our Vegan Cheez Its.

- **Calories:** 101

- **Fat:** 6.8g
- **Saturated fat:** 0.8g
- **Sodium:** 80mg
- **Carbohydrates:** 9g
- **Fiber:** 1.8g
- **Protein:** 1.8g