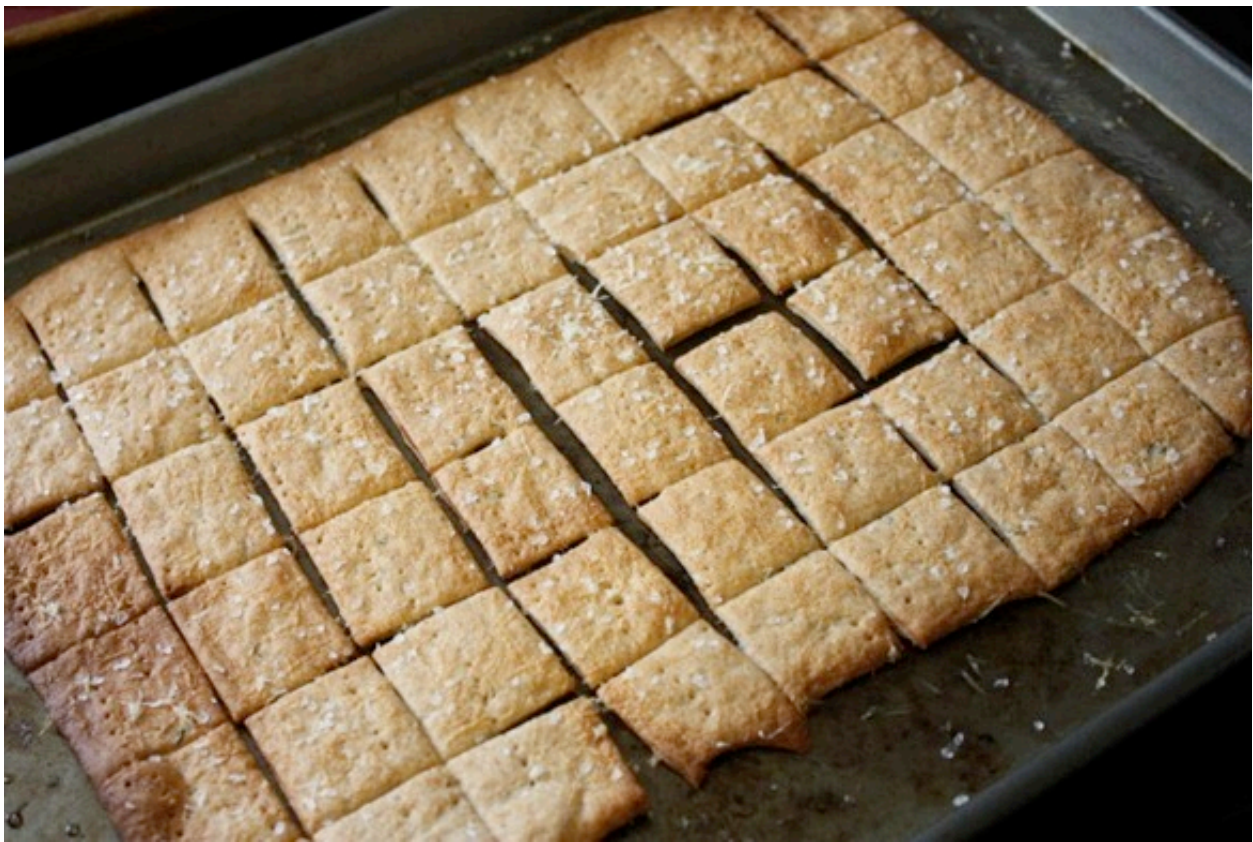


Polly Want a Sorghum Cracker?



3/4 cup sorghum flour

1/4 cup corn starch*

1/4 cup cooked quinoa

1 1/2 tsp. salt, *divided in 2*

1 tsp. coconut vinegar (or apple cider vinegar if unavailable)

2 tsp. olive oil

3-6 tablespoons water, *room temperature*

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Mix flour and corn starch in large bowl. Add quinoa and 1/2 tsp. salt.
3. Stir in coconut vinegar and olive oil. Mix with wooden spoon until even, small granules form, then knead with hands. Add water by the tablespoon-ful until mixture is moist, but not sticky.
4. Divide dough in two. Place one half in between two sheets of parchment paper and roll to cardboard thickness. Peel away top sheet, cut into 1" squares, and

sprinkle with 1/2 tsp salt. Repeat with second half of dough with new sheets of parchment paper. Keep cut dough on parchment paper, place on baking sheet, and bake for 10-15 minutes, or until edges begin to brown.

Serve with cheese, jam, sun-dried tomatoes, or whatever serves your Bubble Child fancy!

*For Corn allergy, use tapioca starch.