



## **Pink Salmon Spread with Crackers**





# Pink Salmon Spread w/ Crackers

## To make the crackers:

This is a recipe from my first AIP cookbook "Simple French Paleo". This basic recipe is ultra simple and only has 5 ingredients! I used dried basil this time around, but you may use any other kind of dry herb you like such as rosemary, oregano, thyme, etc. Try sprinkling them with nutritional yeast before baking for a little cheesy flavor. Unless you live in a very dry climate, I recommend keeping these crackers in an airtight container to preserve their crispness.

**Prep time:** 5 minutes | **Cook time:** 12-15 minutes | **Yield:** 28-30 crackers

**Ingredients:** ½ cup cassava flour, ½ cup tigernut flour, 2 teaspoons dried basil, ½ teaspoon sea salt, ½ cup water, 2 tablespoons olive oil.

## Directions:

1 - Preheat the oven to 400°F and place the rack in the middle. Line a baking sheet with parchment paper.



2 - In a large bowl, combine the cassava flour, tigernut flour, basil, and salt. Mix well. Add water, olive oil, and mix with a spatula until you obtain a soft and smooth dough. The dough will be slightly sticky.





3 - Scoop out 1/2 tablespoons of dough and roll into a small ball using your hands. Place the ball onto the prepared baking sheet, cover it with a small piece of parchment paper, and flatten it to about 1/8 inch thick. I like to use the flat bottom of a measuring cup to do this instead of my fingers. Repeat with the rest of the dough.



4 - Bake in the oven until the edges of the crackers start to turn brown, about 12-15 minutes. Transfer the crackers to a cooling rack before storing in an airtight container.

Note: the crackers in the serving dish are a little bit overcooked! I was busy on my phone and didn't pay enough attention. So keep an eye on your crackers when you hit the 12 minutes mark because they turn brown pretty fast! They were still good though :-)



## To make the pink salmon spread:

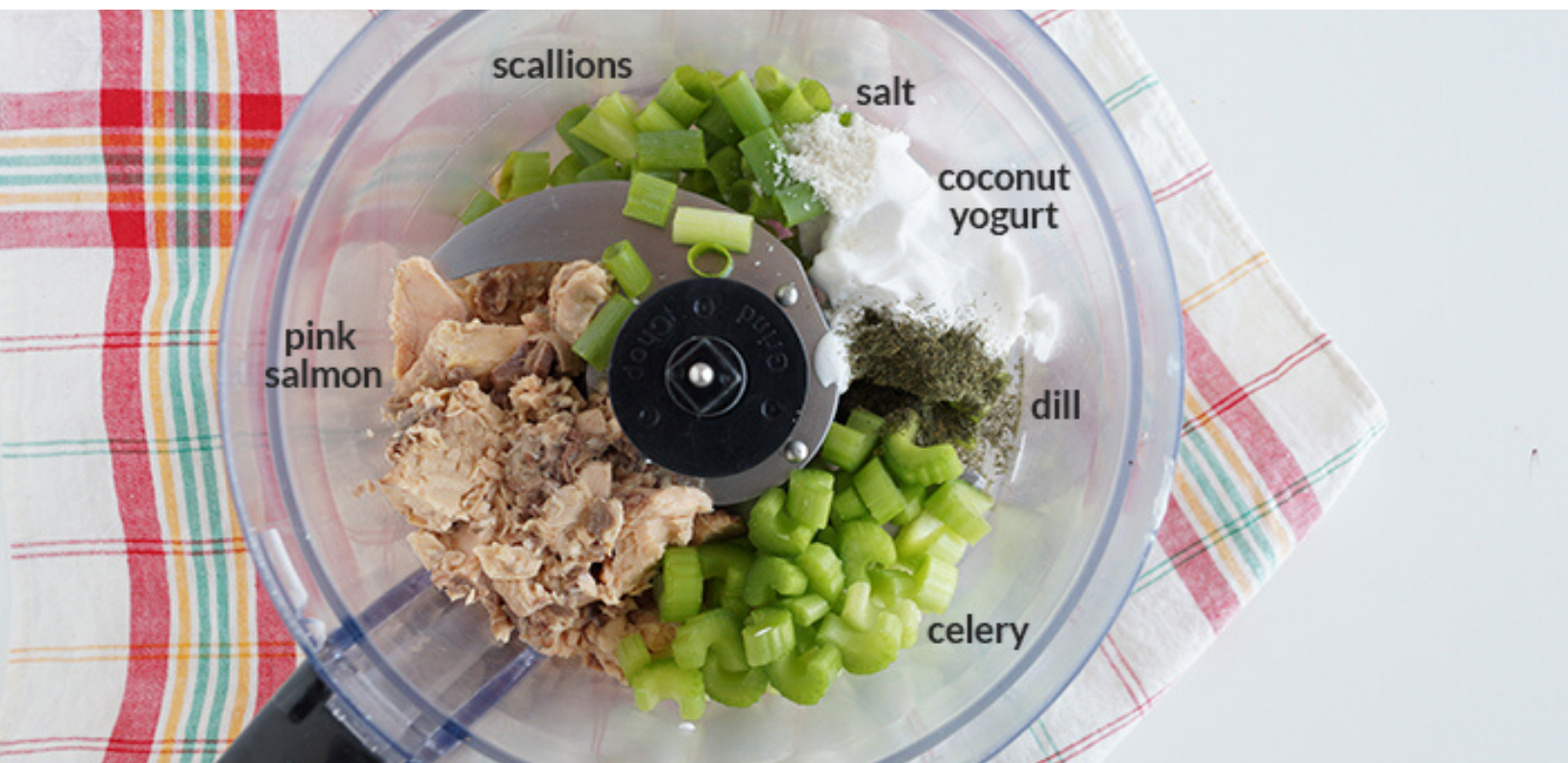
Here is another super simple recipe for you and it is such a tasty one! This pink salmon spread is soft, creamy, and highly spreadable. I like to spread it on my crispy basil crackers, slices of cucumbers, carrots, or celery sticks. If you don't have salmon on hand, a can of tuna will work just fine as well.

**Prep time:** 10 minutes | **Cook time:** N/A | **Yield:** 1 cup

**Ingredients:** 1 (6-ounce) can wild-caught pink salmon, 1 celery stalk (2 ounces) -sliced,  $\frac{1}{3}$  cup coconut yogurt, 1 large scallion,  $\frac{1}{2}$  teaspoon dried dill,  $\frac{1}{2}$  teaspoon sea salt.

### Directions:

1 - Place the salmon (with the liquid, do not drain the can) along with all the other ingredients in the bowl of a food processor.





2 - Mix/pulse for a few seconds until you obtain the desired consistency. Taste and adjust the salt and dill as needed.

Serve immediately or refrigerate in an airtight container up to 3 days.



Now that you have your basil crackers and pink salmon spread ready, take some time to present them nicely. Use a wooden board and pretty small dishes to create an appealing spread! Cut up some veggies as well to offer an alternative to the crackers.

Why do I pay attention to the way I serve food? Well, I spend a lot of time in the kitchen preparing delicious and healthy foods with top-notch ingredients, so taking just a little extra time to make it look beautiful enhances, even more, the final result in my opinion. Good food deserves a beautiful presentation! Plus, have you heard the saying “eating with your eyes”? Well, it is true!

When we look at the food we find appealing, our salivary glands start producing saliva, which in turn helps us digest better our food (and thus benefit from all the nutrients).



