



Makes 45 crackers

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

1 cup brown rice flour, plus more for dusting

½ cup oat flour (choose certified gluten-free if you're avoiding gluten)

½ cup chickpea flour

½ cup almond flour

½ teaspoon regular or sodium-free baking powder

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon paprika

½ teaspoon dried oregano, crushed

½ cup plus 2 tablespoons unsweetened, unflavored plant-based milk

1 tablespoon tahini

1 tablespoon gluten-free miso paste

1 teaspoon lemon juice

Vegan Cheesy Crackers

Making crackers at home is much easier than you might think! These flavorful little crisps are the healthy vegan alternative to Cheez-It crackers, perfect for dipping in [hummus](#) or enjoying on their own as a midday snack. The flavorful combination of spices, miso paste, tahini, and lemon juice adds a subtle cheesy flavor that grows more enticing with each bite. Make them [gluten-free](#) by using certified gluten-free oat flour.

By Darshana Thacker Wendel

- 1** Preheat oven to 325°F. Line two baking sheets with parchment paper. In a large mixing bowl combine the first nine ingredients (through oregano).
- 2** In a small blender combine milk, tahini, miso paste, and lemon juice. Cover and blend until smooth. Add milk mixture to flour mixture; knead lightly to form a dough. Divide dough into two equal portions; shape each portion into a brick.
- 3** Place a silicone baking mat on a clean work surface and dust it lightly with rice flour. Place one brick of dough on the mat and use a rolling pin to roll the dough into an even 1/16-inch-thick rectangle. Poke the rectangle several times with a fork.
- 4** Using a 2-inch square cookie cutter (or a pizza cutter, bench scraper, or long knife), cut rectangle into 2-inch squares. Transfer the squares to one of the prepared baking sheets.
- 5** Add any remaining dough scraps to the second dough brick and repeat with the second dough brick and baking sheet.
- 6** Bake crackers 20 minutes or until lightly browned, rotating baking sheets a half turn after the first 10 minutes. Let crackers cool completely on wire racks. To keep crackers crisp, store them in a resealable plastic bag at room temperature for up to 10 days.