

### Golden crackers

#### Ingredients

- 200g (7oz) **Pure** white rice flour\*
- ½ cup cornflour
- 1 heaped tbs potato starch
- 1 heaped tsp salt
- ½ tsp sugar
- 1 heaped tsp **Pure** Xanthan gum\*
- 1 tbs grated hard cheese (e.g. Parmesan)
- 1tsp gluten-free baking powder
- 2 eggs
- 2 ½ tbs margarine
- 3-6 tbs water

\* Denotes item available from Innovative Solutions on prescription

#### Preparation method

1. Preheat oven to 180°C/350°F/gas 4.
2. Mix all the ingredients together except the water.
3. Now add the water a little at a time and knead to form a pliable dough.
4. Roll out onto a (gluten-free) floured surface and cut into squares.
5. Bake on a baking sheet until golden in colour, then turn onto a rack to cool.
6. Store in an airtight container.



15-20 minutes

Preparation time

30-40 minutes

Cooking time

Makes 20-30

By: Innovative

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