

## Foods Alive Golden Flax Crackers (Organic, Vegan, Gluten-Free, Soy-Free)

On each package of these unique crackers is a cartoon couple proclaiming, "Just one taste will leave you saying, I can't believe I like these!!!" This sums it up nicely. I am a big fan of the nutty taste of flaxseeds, so I feared my testimony may be somewhat biased. I wasn't sure how non-flax eaters would take to this simple "raw" food. So, I put them to the ultimate test—my meat and potato loving relatives. To my amazement everyone loved them, including grandma! Though we had a few dips out, the majority continued to munch on these crackers a la carte right up until dinner was served. They even requested to try every flavor!

Beyond the great taste, these are a fun snack. Foods Alive presents their crackers as giant broken pieces (think peanut brittle) of what appears to be glued together flaxseeds. To maintain the "live food" status while making them easy to eat, the flaxseeds are soaked in water, formed into crackers, and then dehydrated at a very low temperature. This makes the seeds brittle and crunch-able while preserving the living enzymes and nutrition. Not only does this prevent dozens of seeds from lodging within teeth, it also allows the seeds to be crushed when chewed releasing more of their health benefits.

My overall verdict: Better than potato chips in every way - nutritious, delicious, and guilt-free.

- Pros: Surprisingly tasty and popular; Low in sugar; Rich in "healthy" fats (56% omega-3's); Incredibly natural, raw, and mostly organic; Several varieties are rich in antioxidant loaded spices; High in protein and fiber; Good source of various minerals (i.e. potassium, zinc, manganese, magnesium, and copper); Re-sealable packaging; Kosher pareve

- Cons: Most flavors (except for the Maple & Cinnamon) are fairly high in sodium

Recommended For:

- Snacking
- Parties
- Dip Mediums

Flavors:

- Maple & Cinnamon: These have a very light flavor, with just a hint of maple sweetness, and a burst of calm cinnamon. These were an excellent afternoon snack when I needed a bit of sugar, but didn't want to go overboard.

Ingredients (all organic): Golden Flaxseed, Maple Syrup, and Cinnamon.

- Onion Garlic: True to name, these are potent! Garlic lovers will be pleased with the initial garlic punch, which morphs into an onion-y aftertaste. Just one warning: carry breath mints. Though full of good (and delicious) cold-fighting spices, this flavor probably isn't the best selection for a pre-date snack. Ingredients: Golden Flaxseed, Tomato, Garlic, Onions, and Celtic Sea Salt. All ingredients are organic, except for the salt.

- Hemp: I have only tried a few hemp containing foods thus far, but none have disappointed as of yet. These savory flax crackers have a slightly more complex flavor than the other varieties. A mild "cheesy" flavor combined with the scent and taste of rosemary was what I recognized most. The hemp and flax created a very mild background. I would recommend these for general snacking or as an accompaniment to an Italian inspired dip. Ingredients: Golden Flaxseed, Hemp Meal, Nutritional Yeast, Agave Syrup, Apple Cider Vinegar, Rosemary, and Celtic Sea Salt. All ingredients are organic, except for the salt.

- Mexican: The spicy flavor of the Mexican crackers is fabulous. Bold, yet not too hot. The tomato base is evident, but the blend of nutritious spices is just right. Perfect on their own, no dip required. Ingredients: Golden Flaxseed, Tomato, Celtic Sea Salt, Onion, Cumin, Garlic, Chili Powder, Cayenne Pepper, Parsley, Ginger, Coriander, and Cilantro. All ingredients are organic, except for the salt.

- Italian Zest: Foods Alive hit Italian seasoning on the nose with this variety. I like the Italian crackers best for dipping, but it still holds its own as a snack. Ingredients: Golden Flaxseed, Tomato, Celtic Sea Salt, Onion, Garlic, Parsley, Basil, Marjoram, Oregano, Rosemary, Thyme, and Sage. All ingredients are organic, except for the salt.

- BBQ: Barbecue flavored anything usually flies with me, and these were no exception. I would first describe them as "smokey" with a sweet and only slightly spicy aftertaste. These are excellent for snacking, and a great low-sugar alternative to BBQ potato chips. Ingredients: Golden Flaxseed, Tomato, Apple Cider Vinegar, Onion, Blackstrap Molasses, Pure Maple Syrup, Celtic Sea Salt, Garlic, Mustard, Paprika, Black Pepper, Natural Mesquite Smoke. All ingredients are organic, except for the salt and mesquite smoke.

- Regular: I was expecting a blank canvas for dips with the regular crackers, but they do in fact have a flavor all their own. Due to the ingredients, they have a light soy sauce flavor that is quite good, but not an open invite to all dips and spreads. Ingredients: Golden Flaxseed, Bragg Liquid Aminos (soy), and Lemon Juice.

Note: This flavor is not soy-free.

Where to Buy:

- In Stores - Natural food stores and natural food departments at grocers throughout the U.S. Contact Foods Alive directly if you are having trouble locating their products.