



# Breakfast with Jon

## FLAX, HUMMUS AND VEGGIES



*Serving size: 2-3 servings*

### INGREDIENTS:

½ C CHOPPED ZUCHINNI  
½ C CHOPPED CUCUMBER  
½ C CHOPPED CARROT  
½ C HUMMUS  
½ C CHICK PEAS  
1 TBS OLIVE OIL  
2 TB LEMON JUICE  
1 TSP MINERAL SALT  
½ TSP PEPPER  
1 C FLAX CRACKERS  
DEHYDRATED FLAX SEEDS  
1 TSP PAPRIKA  
1 TSP HIMALAYAN SALT  
DEHYDRATED GARLIC  
DEHYDRATED ONION

### COOKING INSTRUCTIONS

Chop up your carrot, cucumber, and zucchini. Get your flax crackers and hummus ready to mix. Place some veggies and hummus on your cracker and enjoy!