

Alkaline “Club” Sandwich Recipe



Today, I've got a delicious recipe for you to take on summer picnics in the park. These flavorful, mouthwatering sandwiches are as good for you as they are delicious.

They are high in healthy fats that fuel your body and brain, so if you could use a mental health boost these days, look no further. (Although you will also want to look for my blog post on Thursday: Is Your Mental Health Suffering? Here's Relief.)

The sandwiches are served on flax crackers, or “flackers,” although you could substitute Ezekiel bread if you eat any gluten. The Flackers recipe below is a sneak peak of a new recipe in my next book, which I'll be sharing more on later this year!

Putting together the Flackers takes a little more effort than most of my recipes, but it will be worth it when you dive into this tasty dinner or lunch! And you can make them in advance and they'll be ready for sandwiches anytime.

So give it a try and let me know what you think over on [Facebook](#).

ALKALINE “CLUB” SANDWICHES

Ingredients [Serves 4]

2 Hass avocados, fully ripe
Juice of ½ lime
Sea salt to taste
Black pepper to taste
20-25 cherry tomatoes or sun-dried tomatoes (soaked in water for at least 20 minutes and drained)
½ cup sprouts (alfalfa work best here)
1 cup watercress or arugula leaves
½ seedless cucumber, sliced thin with a mandolin or as thin as possible with a knife

Flackers Ingredients

1 cup flax seeds, ground in a food processor to a meal or flour consistency

1 tbsp. granulated garlic powder
2 tsp. onion powder
1 tbsp. dried oregano
1 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
water

Directions

Make Flackers: Preheat oven to 400° F if using the oven instead of a dehydrator. In medium mixing bowl, combine flax meal of the ingredients except the water. Once thoroughly combined, slowly add water as until combined. Knead for a few minutes your hands to form a dough.



1/2 cup

you're
a
with all
you stir
with

Spread the dough on a silicone baking mat or large piece of parchment paper covering a baking sheet. With another piece of parchment paper on top of the dough, roll with a rolling pin to desired thickness. Gently pull the top parchment away from the dough. Use a sharp knife or pizza cutter and score the flattened dough into rectangular crackers.

If you have a dehydrator, dehydrate for 6-8 hours on low until they're not soft anymore.

If you're using the oven, bake for 10 to 15 minutes, carefully peel them off the silicone or parchment and flip. Reduce heat to 300° F and bake for another 15 to 20 minutes until crispy and golden. Note: Flackers can be prepared in advance and stored in an air-tight container.

Assemble Sandwiches: In a small bowl, combine avocado, lime juice, sea salt, and pepper, mashing the avocado with a fork as you mix. Spread avocado mixture evenly on each Flacker. Top half with tomatoes, sprouts, watercress or arugula, and cucumbers. Add the other Flackers to top sandwiches and enjoy!

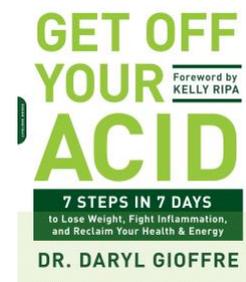
GET OFF YOUR ACID!

Dr. Daryl

Want more recipes like this one?

My best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:



“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

#getoffyouracid #alkalinerecipes #alkamind #plantbased #dinnerideas #ketorecipes