



Homemade Whole Grain Crackers

MyPlate2Yours - Lynn Dugan

Ingredients

1 cup all purpose flour (or Gluten-free baking flour)
1 cup whole wheat flour (or almond meal)
1/4 cup ground flaxseed or chia seeds
1 teaspoon salt
2/3 cup warm water
1/3 cup olive oil plus 1 tablespoon for baking sheets
Coarsely ground sea salt

Directions

Heat the oven to 400 degrees. Combine the flours, flaxseed and salt in a large bowl. Add the warm water, and olive oil to bowl, and stir until all the flour is absorbed (less than a minute).

Divide dough in half, form dough into an oblong shape. Spread dough halves onto 2 baking sheets prepared with oil. First, smooth and shape dough with oiled fingers. Then, with an oiled rolling pin, roll dough to even thickness (about 1/8 inch). Rough edges are perfectly fine! Using a knife or pizza cutter, cut the dough into 1-inch squares. Lightly sprinkle with sea salt. Bake for 15-20 minutes, or until golden. The crackers will continue to harden after they cool. Remove from pan with a metal spatula and allow to cool completely before serving. Store leftovers in an airtight container in the freezer. If crackers become soft, they can be baked again, 20-25 minutes at 325°F. Enjoy!