

Homemade Crackers

Ingredients

- 1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)
- ½ teaspoon salt
- 2 tablespoons canola oil or olive oil; more as needed
- 4 tablespoons water; add more as needed
- 1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

Instructions

- 1 1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.
- 2 2. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
- 3 3. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
- 4 4. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet). You can score the dough into pieces of your choice if you like, leaving the dough intact.
- 5 5. Bake for 10 - 15 minutes in a preheated 400 degree oven, until light brown.
- 6 6. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times

daniel fast <http://daniel-fast.com/>