

# Elaine Wilson

Personal Chef ♦ Cooking Teacher  
Local Food Advocate ♦ Adventure Eater

*Who says you can't play with your food!*

## Homemade Crackers

*You can change up the ingredients and make your own cracker creations.*

¾ cup all-purpose flour  
¾ cup whole wheat flour  
½ tsp baking powder  
½ tsp salt  
4 tsp oil (canola, olive, hemp, etc.)  
½ cup skim milk or soy milk, rice dream, almond breeze

1. Preheat the oven to 325°F (160°C).
2. In a bowl, combine flour, baking powder, salt and oil - using your hands, rub the oil into the flour until it becomes mealy and well combined.
3. Add the milk and stir until mixture forms a soft dough. Add a bit more flour if too wet and a bit more milk if seems too dry. Knead with your hand until it forms a ball that is pliable but not sticky.
4. Divide the dough into 4 pieces and wrap each in plastic wrap. Chill in the refrigerator for at least 10 minutes and up to 2 days. (Before rolling out, remove from fridge and let sit on counter 30 minutes.)
5. Place one of the dough quarters on a lightly floured counter or board. Using a rolling pin, roll the dough into a very thin rectangle, about 1/16 inch (2 mm) thick. Work from the middle out to the edges.
6. Trim off the ragged edges (set them aside, covered with plastic wrap). Cut the square into about 30 to 35 1" x 1" squares.
7. Line two baking sheets with baking parchment. Transfer the crackers to the baking sheets.
8. Repeat steps 5 to 7 with the remaining dough (add the reserved dough trimmings).
9. Bake in preheated oven for 15 minutes, then remove the pans from the oven and turn the crackers over. Return the crackers to the oven and bake another 5 to 15 minutes until they're crisp and golden.  
Note: Once they're almost crisp and cook, they brown fast and can easily burn - check them often.
10. Cool completely and store in a sealed container or resealable bag up to 2 weeks.

*Makes about 125 crackers, 6 to 8 per serving*

### Variations

*Add one of the following in step #2*

- 1 cup/250 ml/2 oz/55 gr grated cheddar cheese
- 1 tbsp oregano and 1 cup/250 ml/2 oz/55 gr grated parmesan or pecorino cheese
- 4 tsp onion powder, 2 tsp garlic powder
- 2 tbsp flax seeds & 4 tbsp flax meal (reduce whole wheat flour by 2 tbsp)

*After placing crackers on the baking sheets, lightly spritz with water or cooking spray and sprinkle with:*

- 2 to 3 tbsp (30 ml) sesame seeds
- 1 to 2 tbsp (15 to 30 ml) poppy seeds
- chopped nuts

*(Recipe is adapted from the original that appears in My Amazing Little Cookbook courtesy of the Flax Council of Canada. Download the recipe book here: <http://www.healthyalberta.com/HealthyEating/319.htm>).*



Tel: 780.433.6599

[www.AlliumFoodworks.com](http://www.AlliumFoodworks.com)

[GreatFood@AlliumFoodworks.com](mailto:GreatFood@AlliumFoodworks.com)

