

Whole Wheat Crackers

Usually all crackers will have some baking soda in them which is what helps them to rise a little while baking. In this recipe following we put the baking soda in some warm water first so soften it and get its bubbling action going.



2 Tbsp. warm water

1 tsp. baking soda

1 3/4 cups warm water

2/3 cup oil

1 Tbsp. salt

4 cups of whole wheat flour (we freshly mill ours with the Nutrimill)*

1 Tbsp. Saf yeast

4 cups all purpose flour. (you could substitute barley flour or oat flour or corn flour or even rye and triticale flour for any of the flours in this recipe)

Put the baking soda into the 2 Tbsp. of warm water and set aside. Put the remaining water into the Bosch bowl equipped with the dough hook. Add oil, salt, and whole wheat flour and finally the soda water. Mix on speed one until smooth. Sprinkle with the yeast and mix again. Add remaining flour and let knead for 5 min on speed one. Divide the dough into 4 parts. Oil the counter and place some foil or parchment paper on the counter so it sticks down onto it. Oil the surface of the foil and roll out each part of the dough until 1/8" thick (we use our pizza rollers to do this right on the cookie sheets) By pulling on the foil, transfer the the rolled out dough to a flat cookie sheet. Cuts into squares (a pizza cutter works great) and prick with a fork. Sprinkle lightly with salt or garlic or cheese powder (or even a herb or spice if you wish) and bake at 350 degrees until lightly brown about 10 min. Cool and store in a can with a tight lid.

- Use any flour you wish. Corn flour, oat flour, rye flour and also very nice

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