

Whole Wheat Crackers

1 cup whole wheat flour
1 cup all purpose flour
1 teaspoon baking powder
1 tablespoon sugar
½ teaspoon salt
¼ cup olive oil, butter or margarine
½ cup milk

In a large bowl, stir together whole wheat flour, all purpose flour, baking powder, sugar and salt.

Using your fingertips, rub the butter into the flour mixture so that the it looks like damp sand.

Add the milk and stir well so the dough forms a ball. Knead the dough a few times.

Wrap the dough in plastic wrap or place in a plastic bag and let it rest for 30 minutes or put the dough in the fridge for up to 2 days.

Preheat the oven to 325 degrees F.

Divide the dough into two or three pieces. Sprinkle the dough and the tabletop with a little flour. Using a rolling pin, roll each piece of dough as thin as possible. Carefully move the dough to a baking tray.

Use a knife to lightly cut the dough into cracker sized pieces.

Bake for 20 to 30 minutes, or until golden brown. Remove the pans from the oven. The crackers will become crisp as they cool.

There are many ways to change the crackers:

- add different spices such as curry powder, paprika, garlic powder, dried herbs
- add sesame seeds or poppy seeds to the dough
- sprinkle grated cheese on top of the crackers before baking
- substitute different flours and grains. For example, substitute ½ cup rolled oats for ½ cup of whole wheat flour