

Nash's Crackers

*From Margie Diffner
of Nash's Organic Produce*



3 Cups nash's whole wheat flour, pastry flour and /or triticale
(any combination!)
1/4 teaspoon baking powder
1 teaspoon or so of salt
1 tablespoon of seasoning (kelp powder, nutritional yeast, chili
powder, garlic, etc) *OPTIONAL*
3 tablespoons oil
1 cup warm water

MIX BY HAND: Mix dry ingredients together and then add wet. If too dry, add more water by the teaspoon. Knead until not too stiff.

USE MIXER W/ DOUGH HOOK: Mix dry ingredients together. Turn on machine, and add wet. if too dry, add more water by the teaspoon. Leave machine on until ball of dough forms.

Wrap dough in plastic wrap or cover w. towel & let stand for 10 minutes.

Divide dough into quarters

Roll out each piece (fairly thin). Cut into squares with sharp knife or use cookie or biscuit cutters. Transfer to ungreased baking sheet and poke holes in the tops of the crackers with fork.

Bake at 350 degrees for about 10-15 minutes, until slightly brown and crisp. Time will vary depending on thickness of dough.

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