

# Wheat Crackers

Yields about 50 crackers



VEGAN



VEGETARIAN



## Ingredients

- $\frac{3}{4}$  cup whole wheat flour
- $\frac{3}{4}$  cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{2}$  cup water
- 2 tablespoons olive oil

## Directions

1. Preheat to 450°F. Cover a baking sheet with parchment paper and lightly sprinkle with flour. Set aside.
2. In a medium bowl, whisk together the flour, sugar, and salt.
3. Add the oil and water to the flour mixture. Stir until a soft, sticky dough is formed. If a lot of loose flour remains in the bottom of the bowl and the surface of the dough, add more water a tablespoon at a time until all the flour is incorporated.
4. Place the dough on the prepared baking sheet and shape into a large square. Roll the dough into a rectangle roughly  $\frac{1}{8}$ -inch thick or thinner. If the dough starts to shrink back as you roll it, let it rest, uncovered, for 5 minutes and then continue rolling.
5. Using a pizza cutter or a sharp knife, cut the dough into individual crackers roughly 1-inch by 2-inches. Alternatively, cut the crackers into squares, diamonds, or use cookie cutters. Prick each cracker with the tines of a fork to prevent them from puffing during baking.
6. Bake the crackers in the oven for 12-15 minutes, until the edges are browned. Thinner crackers will bake more quickly than thicker ones; you can remove the crackers as they brown to your liking and continue baking the rest. While the first batch of crackers is baking, roll out and cut the remaining dough.
7. Transfer the baked crackers to a wire rack to cool completely. The crackers will crisp further as they cool.

## Notes

Other ideas for toppings: dried herbs, chili powder, za'atar seasoning, dukkah, or seeds (sesame, fennel, poppy)

Storage: Store the crackers in an airtight container on the counter for 3-5 days. If crackers are a little old and less-than-crispy, lay them on a baking sheet and put them in a 350°F oven for a few minutes to re-crisp.

Recipe Source: [The Kitchn](#)

Recipe from [Healthier Holiday Treats cooking class, Fall 2017](#)