



Sesame Whole Wheat Crackers

INGREDIENTS

1 1/4 cups whole wheat flour
1/2 cup sesame seeds (toasted)
5 tablespoons Extra Virgin Olive Oil
1/2 teaspoon salt
4 -5 tablespoons water

DIRECTIONS

- Preheat the oven to 350 degrees with the racks positioned in the middle and upper third. Line two baking sheets with parchment paper.
- Mix together the Einkorn or whole wheat flour, sesame seeds and salt in a mixing bowl.
- Add the oil and cut in with a fork.
- Add the water, and mix with your hands, until you can gather the dough into a ball.
- Lightly dust your work surface and roll out the dough, or roll out between pieces of parchment, plastic or wax paper.
- Using a pizza wheel, cut into desired shapes such as squares, diamonds or cookie-cutter shapes and place on the pan, close together but not touching.
- Bake 15 to 20 minutes until lightly browned, switching the sheet trays front to back and top to middle halfway through. Remove from the heat, and allow to cool on racks

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