

RUSTIC MULTI-GRAIN CRACKERS



Fresh, homemade, herb crackers, oak aged cheddar, pickled beets and dills and a small salad. The perfect 4 o'clock Sunday afternoon snack. Not too heavy after your mimosa brunch, but enough so you don't have to cook again and you can relax before Monday morning comes around.

These crackers are so simple to make and you can make them as gourmet and elaborate as you want. At almost \$5 a box for gluten free crackers, these are a healthy, preservative free, inexpensive alternative to store bought.

You can add any flavoring to these crunchy little homemade rustic snacks. Try Garlic and Onion – fresh or dried. Spices like Taco mix or, oregano, rosemary or dill. You can also add 1 cup of Cheese for a cheesy cracker. Top with sesame, chia or poppy seeds. Just use what you have available. You can also make them unflavored if you are having a strong dip or spread with them. Cut them into any shape you want.

Ingredients |

- 3 Cups Manini's Multi-Grain Flour
- 1 Tbs Himalayan Salt
- 4 Tbs Olive Oil 1 Cup Water

Seasoning |

Heat oven to 450F.

Put all ingredients into a food processor and blend until a dough forms.

Place dough on a floured surface and roll to desired thickness. About 1/8 inch.

Dab a little water onto the dough before putting you sprinkle your seeds to finish, or leave them plain.

Cut into squares or circles, or any shape you like and place on a baking tray. Oil tray or use parchment paper to line.

Bake for 10-13 minutes. Watch very closely after 10 minutes because they will burn quickly.

Cool on a rack before serving.

By Monica

