

Whole-Wheat Sesame Crackers

Makes: 32 crackers (3 x 4¼-inch)

Ingredients

1¼ cups whole wheat flour*

1 cup unbleached white flour*

1 cup sesame seeds (use ¾ cup tan and ¼ cup black)

1 teaspoon sea salt

1 cup water

3 tablespoons canola or sunflower oil

1 tablespoon Bragg's Liquid Aminos or tamari

*Gluten-Free option substitute:

1 ¼ cups organic brown rice flour

1 cup garbanzo flour

Instructions

Preheat oven to 400°.

In a large bowl, mix 1¼ cups whole wheat flour, 1 cup unbleached white flour, 1 cup sesame seeds and 1 teaspoon sea salt.

Add 1 cup water, 3 tablespoons oil and 1 tablespoon Bragg's.

Combine all ingredients until dough is created. Knead for 2–3 minutes.

Divide dough in two parts and place each half on an oiled, 12¾ x 17¾-inch baking sheet. Roll and press dough from the center to all sides. Roll with even pressure out to the edges so that you get an even thickness throughout the tray. (If the dough is not a consistent thickness, the edges will burn while the center remains uncooked.)

Cut dough into 3 x 4¼-inch rectangles. Each tray will make 16 crackers.

Sprinkle lightly with sea salt (optional) and bake for 12–15 minutes or until golden brown. Store in airtight container and use as a snack for the next few days.

