



Flax Seed Crackers

Yield: Makes 150 crackers about 3 cm or 1 ¼ inch square

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| 60 ml | whole flax seeds | 1/4 cup |
| 500 ml | Valley Kitchen All-purpose flour | 2 cups |
| 2.5 ml | baking powder | 1/2 tsp |
| 2.5 ml | salt | 1/2 tsp |
| 20 ml | butter | 4 tsp |
| 180 ml | water | 3/4 cup |
| 1 | egg white - optional | 1 |
| | extra salt - optional | |

Per 5 crackers: 50 calories, 3 g fat, 0.6 g saturated fat, 0 mg cholesterol, 44 mg sodium, 6 g carbohydrate, 2 g fiber, 0 g sugar, 2 g protein

1. Preheat oven to 325° F.
2. In a bowl or food processor, combine the whole flax seeds, Valley Kitchen All-purpose flour, baking powder and salt.
3. Blend in the butter to a very fine texture.
4. Add water and mix well. Turn onto a board and knead to blend. If the dough is crumbly, add a bit more water.
5. Place the dough in a bowl, cover and refrigerate for 10 minutes.
6. Cut the dough into quarters and shape into rectangles. Knead in extra water as required to keep the dough moist.
7. Roll to 1/16 inch thick.
8. Cut the dough into squares and place on a non-greased baking sheet.
9. If you are using the optional egg white and salt, mix 1 tsp of water with the egg white and brush the top of the crackers. Sprinkle with salt or other seasoning.
10. Bake 15 minutes, or until the crackers are dry, crisp and lightly browned. Dry at a lower temperature for extra crispiness.

These are great dunkers for salsa and dips.