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## Seeded Crackers

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*fullmeasureofhappiness.com* from *It's Not About the Recipe*

### **Ingredients:**

1 C whole-wheat flour	1 t salt
1 C rye flour	1 1/2 t baking powder
1/4 C <i>each</i> poppy, sunflower, and sesame seeds	3 T olive oil
	3/4 C water

### **Directions:**

Combine the dry ingredients in a mixing bowl, then add the olive oil and water until a dough forms. Knead for a few seconds, and then allow to rest for 15 minutes.

Once rested, preheat the oven to 450 degrees. Divide the dough into four pieces, and roll each one out until very thin onto a floured countertop.

Using a pizza cutter or knife, cut into squares and remove any uneven edges. Place close together on baking sheets lined with parchment paper.

Bake for 7-10 minutes until *light* golden brown. Store in an airtight container.

