

# Whole-Wheat & Seed Crackers

Yield: ~40 small crackers (about 2 baking sheets)

## Ingredients

- Dry
  - 1 cup (120 g) whole-wheat flour
  - ½ cup mixed seeds (e.g., 2 tbsp sesame + 2 tbsp pumpkin + 2 tbsp sunflower; add 1 tsp chia or ground flax if you like)
  - ½ tsp fine salt
  - Optional flavor boosts: ½ tsp garlic powder, ½ tsp smoked paprika, ½ tsp dried herbs (rosemary/oregano), pinch black pepper
- Wet
  - 2 tbsp olive oil
  - ½ cup warm water, plus 1–2 tbsp more if needed
- Finish (optional)

- 1 tsp water for brushing, extra seeds + flaky salt for topping

## Equipment

Parchment paper (2 sheets), rolling pin, baking sheet, knife/pizza wheel, fork.

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## Step-by-Step Instructions

### 1. Heat the oven & set up

- Preheat to 350°F / 175°C with a rack in the middle.
- Tear two sheets of parchment roughly the size of your baking sheet.

### 2. Mix the dry

- In a bowl, whisk whole-wheat flour, seeds, salt, and any optional spices/herbs until evenly combined.

### 3. Add the wet & form dough

- Drizzle in olive oil and warm water. Stir with a spoon until a shaggy dough forms.
- If dry crumbs remain, add 1 tsp water at a time. You want a soft, non-sticky dough that holds together.

#### 4. Rest the dough (important for crispness)

- Let the dough sit 10 minutes.

Whole-wheat bran absorbs water; this makes rolling easier and crackers crisper.

#### 5. Roll super thin

- Place dough between the two parchment sheets.
- Roll to 1–2 mm thin (about 1/16 in). The thinner, the crisper.
- Tip: If your sheet is small, split dough in half and roll two batches.

#### 6. Top & press (optional)

- Peel off the top parchment. Lightly brush with water, sprinkle extra seeds/flaky salt, then replace the parchment and roll once to press toppings in.
- Remove the top parchment again.

#### 7. Dock & score

- Use a fork to poke holes every 1–2 inches so crackers don't puff.
- With a pizza wheel/knife, score a grid (e.g., 1×2-inch rectangles). You don't need to separate them now.

## 8. Bake

- Slide the bottom parchment (with dough) onto a baking sheet.
- Bake 12–16 minutes, rotating the pan at 8 minutes.
- They're done when edges are golden and the center feels dry and firm. If pale/soft, add 1–3 minutes.

## 9. Dry-crisp finish (optional, great for snap)

- Turn the oven off, crack the door open slightly, and let the tray sit 5–10 minutes to dry the crackers.

## 10. Cool, break & store

- Cool completely on a rack; snap along the score lines.
- Store airtight with a small piece of paper towel inside (absorbs moisture) for up to 1–2 weeks.
- If they soften, re-crisp 5 minutes at 300°F / 150°C.