



The Micheff Sisters

“Soup and Crackers” 7/20/16

Wheat Thin Crackers

Ingredients:

½ c Almond meal
1 ½ c Whole-wheat flour
3 T margarine – melted
1 T olive oil
1 t salt
3 T brown sugar
1 T ground flax seed
1 c toasted wheat germ
¾ c water



Directions:

In a large bowl mix the dry ingredients together and then make a well in the center. Pour into the center the melted margarine, olive oil and the water. Stir to mix well and until it forms a dough. Divide into three sections and roll out each section between two sheets of parchment paper. Make sure you roll them medium – thin thickness and try and get them as evenly rolled out as you can. Using a knife, score each section into 1 ½ x 1-½ inch squares. Place the parchment paper onto a baking sheet and bake in a 375-degree oven for about 15 minutes. Check them every 5 minutes, as the areas that are thinner will brown faster. Make sure and remove the lightly browned ones and return the tray back to the oven until all have been baked to a light brown. Cool the crackers and then store in an airtight container.

Yield: 230 – 1 ½ x 1-½ inch crackers

Cinda Sanner