



# The Micheff Sisters

“Soup and Crackers” 7/20/16

## Whole Grain Crackers

### Ingredients:

¾ cup canola oil  
1 cup water  
3 cups uncooked quick oats  
2 cups white whole wheat flour  
1 cup wheat germ  
2 tbsp. dark brown sugar  
2 tsp. sesame seeds  
2 tbsp. flax seeds, ground



### Directions:

Mix oil and water together until emulsified. In a medium bowl, stir together the remaining ingredients. Add water/oil mixture and mix well. Divide in half. Spread each half on a cookie sheet. Mark squares out with a knife, but don't cut through. Prick each cracker with a fork a few times, and sprinkle with salt. Bake at 325 for 30 minutes or until light brown.

**Yield:** 72, 2-inch crackers

*Brenda Walsh*