

WHOLE GRAIN CRACKERS

INGREDIENTS

1 1/4 cups whole-wheat flour
1 1/2 Tbsp sugar or honey
1/2 tsp salt
1/4 tsp paprika
4 Tbsp butter
1/4 cup water
1/4 tsp vanilla
salt for topping

DIRECTIONS

1. Preheat oven to 400F
2. Combine the whole-wheat flour, sugar, salt and paprika in a medium bowl.
3. Using two knives, cut the butter thoroughly into the dry mixture until it looks like large crumbs.
4. Combine the water and vanilla in a measuring cup and add to the flour mixture. Mix well until combined and the dough forms into a loose ball.
5. On a lightly floured countertop, roll out the dough as thin as possible and cut into small square shapes. Sprinkle with whatever spices you like and poke holes into the crackers using a fork.
6. Place onto a lightly greased baking sheet and bake the crackers until they are crisp and browned, about 5-10 minutes.