

Flax Crackers

3 cups	whole wheat flour	750 mL
1 tsp.	salt	10 mL
2/3 cup	ground flaxseed	150 mL
1/3 cup	whole flaxseed	75 mL
1 ½ cups	warm water, 100° F (40° C)	375 mL
1 tbsp.	coarse black pepper	15 mL
1 tbsp.	steak spice	15 mL
	coarse salt (optional)	

- In bowl of food processor, combine flour, salt, ground flaxseed, whole flaxseed pepper and steak spice. Process 10 seconds.
- Add water all at once and run processor until dough forms a ball (about 20 seconds).
- Adjust the dough with water or flour, 1 tbsp. (15 mL) at a time to make a smooth dough that is no longer sticky to the touch.
- Process an additional 60 seconds (to knead). Put dough in plastic bag or covered bowl and let rest 30 minutes.
- Preheat oven to 400° F (200° C).
- Cut dough into 8 pieces and roll out into 9 inch (22.5 cm) circles. Place crackers on parchment lined cookie sheets.
- Spray crackers with water and sprinkle with coarse salt or additional spice if desired.
- Bake 10 to 18 minutes or until blistered and lightly browned and crisp. Check frequently as crackers darken and get crisp quite quickly near the end.
- Serve whole or broken.
- Store at room temperature in plastic wrap, bags or covered tins for up to one week.

Alternate process: before baking cut into triangles or cut and deep fry to make tortilla chip style cracker.
Note: Whole wheat flour may be substituted with 2 ½ cups (625 mL) all purpose flour and 1 cup (250 mL) bran.

Pepper and steak spice may be substituted with 4 tsp. (20 mL) Montreal Steak Spice.

Yield: Makes 8 large round crackers

Serving Size: ¼ cracker

Single Serving Nutrient Values

Calories	60.07
Protein	2.55 g
Carbohydrate	10.21 g
Fiber	2.70 g
Fat	2.03 g
Saturated	.80 g
Monounsaturated	.53 g
Polyunsaturated	.63 g
Cholesterol	0 mg
Folate	5.25 mcg
Potassium	82.77 mg

Sodium

159.18 mg