

Flaxseed Crackers

¼ cup	flaxseed	50 mL
¼ cup	ground flaxseed	50 mL
1 ½ cups	all-purpose flour	375 mL
½ tsp.	baking powder	2 mL
½ tsp.	salt	2 mL
4 tsp.	margarine or butter, softened	20 mL
½ cup	skim milk	125 mL

- In a bowl of a stand-up mixer, add flaxseed, ground flax, flour, baking powder, salt and margarine or butter. With the paddle attachment, mix on low speed until the mixture resembles a coarse meal.
- Stir in milk and mix until mixture forms a soft dough. (You can also mix the dough by hand).
- Wrap dough in plastic wrap and chill 10 minutes.
- Divide the dough into quarters. Turn out onto a lightly floured board. Roll out very thin to a rectangle 1/16 inch (2 mm) thick. Cut into 2 ½ inch (6 cm) squares.
- Transfer to an ungreased baking sheet.
- Repeat with the remainder of the dough.
- Preheat oven to 325° F (160° C).
- Bake 20 minutes until crisp and golden.

Variations:

Onion: 1 tbsp. (15 mL) powdered onion soup mix.

Cheese: 1 cup (250 mL) grated cheddar cheese.

Italian: 1 tbsp. (15 mL) oregano and 1 cup (250 mL) grated mozzarella cheese.

Yield: 24 crackers

Serving Size: 1 – 2 ½ x 2 ½ inch (6 x 6 cm) cracker

Single Serving Nutrient Values

Calories	56
Protein	1.7 g
Carbohydrates	7.9 g
Fiber	0.9 g
Fat	1.9 g
Polyunsaturates	1.1 g
Monounsaturates	0.5 g
Saturates	0.2 g
Cholesterol	0.1 mg
Sodium	59 mg
Potassium	66 mg
Folate	14 mcg