

Buckwheat Crackers



Feeling creative? Add your favorite flavors to this simple cracker recipe. You could have a different cracker every day!

Crackers work well for on-the-go meals.

Yield: Depends of the size of cracker!

Ingredients	Quantity	Variations
Buckwheat flour	2 cups	Most flours can be substituted. A flour mixture will produce a more subtle taste.
Oil	¼ cup	Try different tastes (e.g. sesame, avocado)
Salt	½ tsp	
Water	½ cup	
Toppings (optional)		Examples: small seeds (sesame, poppy, etc.); finely chopped vegetables.
Seasonings (optional)		Spices, herbs, etc. can be used.

Instructions

- Preheat oven to 350°F
- Mix the ingredients together with a spoon or your hands until you have a firm, non-sticky dough. If more water is need, wet your hands.
- Divide dough in half.
- Roll each ball out on parchment paper, as thinly as possible. Thin dough will produce a crispy cracker.
- Sprinkle toppings on and press gently into dough
- Cut the dough using a knife or pizza cutter.
- Put the parchment paper on a cookie sheet and bake for 15 – 20 minutes. Thinner pieces will bake more quickly. Watch carefully!