

## Whole Wheat Chia-Flaxseed Crackers

Makes about 80 crackers

### Ingredients

- 1 and ¼ cup all-purpose flour (plus extra for dusting)
- 1 and ¼ cup whole wheat flour
- ¼ cup chia seeds
- ¼ cup flax seeds
- 1 tbsp. sugar
- 2 tsp. salt
- 1 cup water
- ¼ cup + 2 tbsp. olive oil



### Directions

- 1) Preheat the oven to 450 degrees. Line two baking sheets with parchment paper or grease with vegetable oil cooking spray.
- 2) In a large bowl, mix together flours, chia seeds, flax seeds, sugar, and salt. Stir in the water and ¼ cup of the oil. Using your hands or a spatula, lightly knead the dough into a ball.
- 3) Cut the dough into 4 pieces. Lightly dust a cutting board with flour. Roll out one piece of the dough as thinly as possible without tearing it (between 1/8 and 1/16 of an inch). Cut into rectangles (or any other shape you would like) and place closely together on prepared baking sheets.
- 4) Using a pastry brush, lightly brush each cracker with some of the remaining 2 tbsp. of olive oil. Poke each cracker with a fork three times to prevent them from puffing up in the oven.
- 5) Continue with the rest of the dough. You will probably have to do multiple batches because not all of the crackers will fit on two baking sheets.
- 6) Bake for 10-12 minutes, or until lightly golden. Set aside for 5-10 minutes and enjoy!