



Seedy Crisps



Vegetarian



Vegan



Dairy Free

READY IN



42 min.

SERVINGS



12

CALORIES



110 kcal

Ingredients

- ☐ 1.5 teaspoons aluminum-free baking powder
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup poppy seeds
- ☐ 0.3 cup sesame seed
- ☐ 1.5 teaspoons salt
- ☐ 6.5 ounces water
- ☐ 5 ounces flour whole-wheat

Equipment

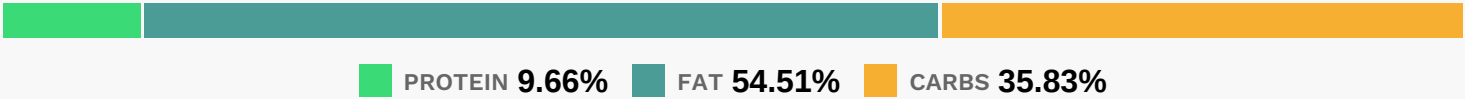
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen towels

Directions

- ☐ In a medium bowl whisk together both flours, poppy seeds, sesame seeds, salt, and baking powder.
- ☐ Add the oil and stir until combined.
- ☐ Add the water and stir to combine and create a dough. Turn the dough out onto a floured surface and knead 4 to 5 times. Divide the dough into 8 equal pieces, cover with a tea towel and allow to rest for 15 minutes.
- ☐ Preheat the oven to 450 degrees F.
- ☐ For a thin snacking cracker: On a lightly floured surface, roll out 1 piece of dough to 1/16-inch and place on a parchment lined baking sheet. If there is room on the sheet pan, repeat with a second piece of dough.
- ☐ Bake on the middle rack of the oven for 4 minutes then flip and bake for an additional 2 to 3 minutes or until golden brown.
- ☐ Remove from the oven and place on a cooling rack. When cool, break into desired size pieces. Repeat procedure with remaining dough.
- ☐ For a thicker dipping cracker: On a lightly floured surface, roll out the dough as above but to 1/8-inch thick.
- ☐ Bake for 6 minutes on the first side, then flip and bake another 4 to 6 minutes.
- ☐ Roll out using a lightly floured pasta roller. Flatten the dough until it will pass through the first setting and go to the highest number that your pasta roller will allow without tearing the dough.
- ☐ Bake according to the thin cracker instructions.
- ☐ Note: Baking times will vary depending on exact thickness of dough and oven temperature, so watch them closely. Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:6.7252173629468%

Nutrients (% of daily need)

Calories: 109.82kcal (5.49%), Fat: 7.02g (10.8%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 332.4mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Manganese: 0.77mg (38.5%), Phosphorus: 142.13mg (14.21%), Copper: 0.27mg (13.32%), Selenium: 9.11µg (13.01%), Calcium: 122.08mg (12.21%), Magnesium: 40.8mg (10.2%), Fiber: 2.3g (9.19%), Vitamin B1: 0.12mg (7.73%), Iron: 1.38mg (7.67%), Zinc: 0.85mg (5.68%), Vitamin B6: 0.09mg (4.39%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.8mg (3.99%), Folate: 11.52µg (2.88%), Potassium: 82.47mg (2.36%), Vitamin K: 2.33µg (2.22%), Vitamin B2: 0.03mg (1.92%)