

Vegan Snack Crackers



Make these addictive snack crackers for your next trip, if they last that long.

1 c whole wheat flour
1/2 c almond flour
1 T nutritional yeast (optional, for flavor)
1 t baking powder
1 t garlic powder
1/2 t onion powder
1/4 t salt
2 T olive oil
1/3 c water
1 t Montreal Steak Seasoning (or any herb of your choice)

Optional toppings:

- Sesame seeds or poppy seeds
- Dried herbs (rosemary, oregano)

Instructions:

1. Preheat the oven to 375 degrees and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the whole wheat flour, almond flour, nutritional yeast, baking powder, garlic powder, onion powder, dried thyme, and salt. Mix the dry ingredients until well combined.
3. Add the 2 tablespoons of olive oil to the dry ingredients and mix until the mixture resembles coarse crumbs.
4. Gradually add the 1/3 cup of water to the mixture a little at a time and stir after about every tablespoon of water. After adding all the water, knead the dough until it comes together into a smooth and pliable ball.
5. Divide the dough into two portions for easier rolling.
6. Place one portion of the dough between two sheets of parchment paper and roll it out into a thin and even sheet about 1/8 inch thick.
7. Remove the top parchment paper from each rolled-out dough sheet.
8. Using a pizza cutter or a sharp knife cut the dough into 1.5 inch squares. Traditional square or rectangular shapes work well or you can create other shapes with cookie cutters.
9. Carefully transfer the cut crackers onto the prepared baking sheet leaving some space between each cracker.

10. Repeat steps 6 through 9 with the second dough ball.
11. Sprinkle the Montreal Steak Seasoning, or use the sesame seeds, poppy seeds, or dried herbs over the crackers. Use the parchment paper to cover and then press the seasonings lightly into the dough.
12. Bake the crackers in the preheated oven for about 14-17 minutes or until they turn golden brown and are crispy.
13. Once baked, remove the crackers from the oven and let them cool on a wire rack.
14. Store the cooled crackers in an airtight container.

Makes about 40 crackers. Nutrition per serving, approximately 3 crackers:

Calories 75

Total Fat 4.4g

Saturated Fat 0.5g

Sodium 63 mg

Fiber 1.6 g

Protein 2.5 g