



Sprouted Crackers

- 5 cups organic sprouted flour (see below for varieties)
- 2¼ cups organic whole buttermilk or yogurt
- ½ cup organic unsalted melted butter (plus extra for greasing pan and brushing tops of crackers)
- 1 Tbsp. aluminum-free baking powder

Lightly butter 2 large baking sheets. Place flour and buttermilk in stand mixer and blend until slightly stiff dough forms. Add melted butter, baking powder, salt, and flavoring (see below). Blend well.

Taking a fourth of the dough at a time, roll out to about 1/8 inch thickness on a floured surface. Using a knife or pizza wheel, cut crackers into squares. Place close together on a lightly buttered baking sheet. Brush tops lightly with extra melted butter.

For dried crackers place in oven on lowest possible temperature (around 150 degrees). Leave in oven all-day or overnight until completely dried. Will be crispy and full of flavor.

For baked crackers place in oven preheated to 300 degrees. Bake for 30 minutes until lightly browned on top. Reduce heat to 200 degrees and let crackers continue to bake until completely dried and crispy (about 2 – 2 ½ additional hours).

Sprouted Flour Combinations: all wheat, spelt, barley, kamut or mix. Sprouted brown rice flour w/1/4 cup sprouted amaranth, equal amounts of brown rice and millet flour. Be creative.

Variations:

Rosemary/Walnut – to basic recipe add 2 tablespoons of ground rosemary, 1 tbsp. dried rosemary leaves, and ¼ tsp. of walnut oil.

Sesame/Poppy Seed – add 2 Tbsp. each of Sesame and Poppy Seeds

Cinnamon – add 4 Tbsp. ground cinnamon, ½ tsp. cinnamon oil, and ¾ cup date or maple sugar.

Cracked Pepper – add 2 Tbsp. of cracked peppercorns. Sprinkle tops with pink Himalayan salt.

Herbed – add 1 ½ Tbsp. dried dill, 1 tsp. each basil, thyme, oregano, and tarragon.