

## **SOMETHING'S SEEDY CRACKERS**

(from Sid's **Nibbles and Bites**)

2 cups bread flour

1 cup mixed seeds – equal amounts of each of Flax – Chia –  
Sesame

1 1/2 tsp. salt

2 tsp. baking powder

3 Tbsp. olive oil

3/4 cup water (enough to moisten the dough, maybe a little more if  
needed)

Heat oven to 450 F.

Mix all ingredients together, and let rest for about 15  
minutes. Divide the dough into either thirds or quarters, and roll  
out each piece 1/8 thick. Cut into squares and place on a baking  
sheet.

Bake for about 12-15 minutes, or until the crackers start to brown  
around the edges. Remove from pan, cool on a rack and serve.