

Homemade Whole Wheat Crackers

Not only are you making a wholesome snack, but you are having fun too! Its like edible playdoh! Packed with yummy cheesy flavour providing calcium for little bones, the whole wheat flour is also a great source of fibre! You can use any shape cutters to make these crackers, just don't make them too big. Maybe enjoy with some homemade hummus!

- 1 cup – flour, whole wheat
- $\frac{1}{2}$ teaspoon – salt
- 4 tablespoon – butter, unsalted
- 1 cup – cheddar cheese, shredded
- 3 tablespoon – water



Method

1. Add the flour and salt to a food processor and pulse. Then add butter and pulse until the mixture resembles coarse meal. Add grated cheese a little at a time and pulse.
2. Add water, one tablespoon at a time, until the dough forms into a ball. Continue pulsing between tablespoons - this could take a minute. You can also feel the dough and if it shapes into a ball, it is ready.
3. Flatten between two pieces of wax or freezer paper, and chill for 10-20 minutes. This helps the butter get cold and makes for a puffier cracker.
4. Roll the dough fairly thin. About $\frac{1}{8}$ of an inch is a good thickness. More thin = crispier, but you don't want it paper thin.
5. Cut out shapes and place on a baking sheet.
6. Bake at 350 degrees F for 12-20 minutes depending on how thick your crackers are.
7. Store in an airtight container for up to 1 week.