



# Wheat Thin-ish Crackers

EXTREMELY AWESOME, legit crackers. Though they ARE a bit of a time-sink... they are totally worth the effort.

You all can thank the new 2021 changes to the system for these. While revising the cookbook for the new plan, I got to thinking "If I'm going to give people all these dips and appetizers, it's kind of sucky not to have a low point cracker for the dips. I cut out a cupcake recipe, to make room for these to be in the book, but it's a good trade off. Now, while I know I used a pasta roller for these, rather than a rolling pin, you CAN use a rolling pin. If you do, I'd recommend purchasing 'rolling pin thickness rings'. You need the dough to be a consistent, EXTREMELY THIN thickness. Using the pasta maker, I was able to roll my dough out to around 1/16th of an inch. If you make this with thick dough... it'll be like biting into concrete.

## Serving Info.:

Yields: 130-150 crackers  
Servings: varies  
Serving Size: varies (see notes)



Range  
0-1

*- last checked 02/11/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.*

## Ingredients:

### Filling:

- 1 cup whole wheat flour (NOT WHITE... see notes)
- 1/8 tsp baking soda
- 1/2 tsp salt
- 2 Tbsp nutritional yeast (see notes)
- 1-1/2 tsp poppy seeds
- 1 Tbsp dehydrated onion flakes (spice aisle)
- 3/4 tsp caraway seeds, toasted
- 1-1/4 tsp sesame seeds, toasted
- 1/2 cup water
- 1/4 tsp olive oil

### Additional Ingredients/Gear:

- 1 Tbsp PLUS 2 tsp flour, for dusting (I used all purpose)
- fine mesh wire strainer
- cooking spray
- parchment paper
- pasta roller/maker, OR, a rolling pin with 'thickness ring' guides.
- "food grade" silica packets, for long-term storage, if desired.

## Directions:

1. In a medium sized mixing bowl, add the flour, baking soda, salt, nutritional yeast, poppy seeds and onion flakes. Set aside.

## Directions:



- 2 (A) Add the caraway and sesame seeds to a small pan and heat over medium-low heat for 3-4 minutes, stirring so they don't burn. Once the sesame seeds turn golden and the seeds start to smoke/become fragrant... (B) Add the seeds into the mixing bowl with the dry ingredients. Add the water and olive oil, mix until the dough just comes together. Add additional water if needed, mine took 2 more teaspoons. (C) Once a ball forms, pick up the dough and knead it for 20-30 seconds. Roll it back into a ball and wrap it in plastic, let it rest for 20 minutes. (D) After 20 minutes, cut the dough into four quarters. Set aside.



3. Preheat oven to 400 degrees and line baking sheet pans with parchment paper. Set pans aside. Place the 'dusting' flour into a wire mesh strainer, over a small dish. Set aside.



4. (A) Lightly dust 1 of the dough balls with flour, then press into a thin rectangle shape. You want it just thin enough to fit into the pasta roller set to its widest opening/setting. (B) Run dough through the roller on its widest setting. (C) Dust the rolled dough with a little flour, flip, then dust the other side. Run the dusted dough through the machine again, then adjust the pasta machine rollers to go one-notch thinner. Roll the dough through again. (D) Repeat the process until you finally roll the dough through twice on the 3rd from the thinnest setting, dusting when necessary.



5. (A) Slice the length of dough in half. (B) Make 1 inch wide slices along the dough, making rectangular shapes. Lightly spritzed all the slices with cooking spray, then place them onto the parchment paper lined pans, spritzed sides facing down. Repeat the process with each dough ball, till all of the baking pans are full of crackers. (C) Spray the tops of the crackers with cooking spray, then place into the oven. Bake at 400 degrees for 6-8 minutes, till golden brown. (D) Let the crackers cool to room temperature. They will become more crisp as they cool. You can bake the crackers in batches, because they won't all fit in your oven at once.

#### NOTES:

- **POINTS:** There are 10 total ingredient points in this recipe. YOUR exact points per serving will depend entirely on how many crackers you are able to cut out of your batch. I was able to make 148 crackers with mine.
- **NON-WHITE WHEAT FLOUR?:** It's a bit nit-picky, but there's a reason. There are 2 primary listings for whole wheat flour in the database. Whole wheat flour & white whole wheat flour. The first is 2 points for 1/4 cup... the second is 4 points for 1/4 cup. As you can imagine, THIS recipe uses the regular, non-white whole wheat flour... because of the lower points.
- **NUTRITIONAL YEAST?:** Some of you may not be familiar with this ingredient. It's a seasoning, found in the baking aisle at the grocery store. It's used to add a cheesy & savory flavor to dishes and baked goods. If you choose to leave it out, you'll need to adjust how much water you use, as well as play with the other seasonings. Don't want to use Nutritional Yeast? You can sub it out for Kraft reduced fat parmesan topping. However, it's higher in points, so you'll need to allow for that.
- **SEASONINGS:** This is a HIGHLY CUSTOMIZABLE recipe. You can experiment with a ton of different seasoning and flavor combos. I've personally made these with popcorn seasoning (cheddar, ranch, bbq, etc), to make ranch crackers. You can also try making some seasoning with simple garlic powder and dried thyme... ranch dressing seasoning, etc, etc, etc.
- **STORAGE:** Place crackers into tupperware with a "food grade" silica gel pack (I got mine on Amazon). They will stay fresh for weeks. The packs will absorb any moisture which might get into the container. It goes without saying, don't eat the silica.
- **"EVERYTHING BUT THE BAGEL":** This is a glaring example of the database not really being accurate with some things. My seasonings in this recipe, were made to emulate the seasonings on top of an 'everything bagel'. I had to be exact with my measurements, because of the points for sesame and poppy seeds. However... if you have a Trader Joe's nearby, you can use their premade spice mix "everything but the bagel". It has the same seasonings I'm using here... but the app lets you have a full 5 gallon bucket of it, for 0 points. \*grumbles\*
- **PASTA MAKER:** I have an inexpensive, manual pasta maker which I purchased off of Amazon. You don't need a \$350 fancy thing. Mine is only \$35. I've used it for 5 cookbooks, which is proof you don't need uber expensive kitchen gear.
- **DUSTING:** I allow for 1 total point (1 Tbsp plus 2 tsp) of flour for dusting, in this recipe. Make sure not to let your dough get overly moist when you're mixing it, you want it baaarely moist. When I made this batch, I had nearly half of the 'dusting' flour left, because of using the wire mesh strainer.