Whole Wheat Seeded Crackers

Ingredients:

- 2 cups whole wheat flour
- 1 tsp. kosher salt
- 1/3 cup olive oil
- 1 tbs. honey
- Various seeds

Instructions:

Preheat oven to 375 degrees. Mix flour and salt in food processor. Add water, oil and honey into processor and pulse till a ball of dough forms.

Divide dough into 2 parts. Put one part into bowl and cover with moist towel. Take other part and roll on parchment paper into a thin 10 inch by 15 inch rectangle. Using pizza cutter or sharp knife after trimming ragged edges, cut the rectangle into 24 pieces. Cut parchment paper to fit on a cookie sheet and transfer parchment paper with dough to the cookie sheet. With a pastry brush or a water spray bottle, wet the surface of the dough and then sprinkle seeds or additional salt on. Press the seeds in with one's hands or cover with parchment paper and press on top of that.

Repeat for second half of dough.

Bake crackers for 12-18 minutes. Watch them closely. Rotate half way through cooking. The tops of the crackers should turn slightly brown. They will crisp up as they cool.