



# Crackers

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	whole wheat flour	750 mL
¼ cup	vegetable oil	60 mL
1 ¼ cup	water	300 mL
½ tsp	salt	2 mL

## Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix all ingredients together until combined (use fork for best results). Do not over mix. Use hands to gather dough into a ball.
3. Oil a large baking sheet (approx. 18 X 26 inch).
4. Roll out dough very thinly and evenly. (Use a glass or other small cylindrical tool to roll the dough towards the edges of the pan.)
5. Use a pizza roller to cut the dough into 1 ½ inch (3 cm) squares or other desired shapes.
6. Bake for 15 – 20 minutes or until lightly golden.

*Note 1:* For cinnamon crackers, omit salt. Add 125 mL (½ cup) brown sugar and 30 mL (2 tbsp) cinnamon to dough.

*Note 2:* These crackers will become slightly soft by the second day. In order to re-crisp them, place on a baking sheet and bake at 350°F (180°C) for approx 10 minutes.

Nutrition Information	
Serving 15 g	
<b>Calories</b>	35
<b>Fat</b>	1.5 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	25 mg
<b>Carbohydrates</b>	6 g
	Fibre 1 g
	Sugars 0 g
<b>Protein</b>	1 g
Calcium	0 mg
Iron	0 mg

Food Guide Servings
½ Grain Product