

RYE CRACKERS



~ 400 g rye flour + more for sprinkling

50 g of ground flax seed

100 g of various seeds as wished

½ tsp salt

1 tsp brown sugar

½ tsp baking soda

50 g plant oil

300 ml buttermilk or kefir

Sheet pan and parchment paper

1. Stir together all the dry ingredients and then add the oil and buttermilk.
2. Knead until the dough comes together. It must be soft enough to roll out. Add a bit more buttermilk if needed.
3. Heat your oven to 180 °C.
4. Lay the parchment paper on the pan. Roll the dough on the pan very thin and poke it with a fork. Cut out shapes if you wish, and sprinkle with seeds if you wish.
5. Bake the crackers for 15 minutes or so. If you have simply rolled the dough out, cut it up while it is hot. If it has cooled, break it up into pieces. Store in a closed dish.

Rye crackers are crispy, tasty, and nutritious, and they will be enjoyed by anyone who also enjoys potato chips. You can eat the crackers as they are or spread them with something and serve together with soup or a salad. These crackers travel very well.

