



## Spelt Everything Crackers

Pic by Smitten Kitchen

Adapted from the [New York Times Magazine, 11/28/08](#) who adapted it from the [Hungry Ghost](#) in Northampton, Mass.

Makes 1 large cracker sheet

### **Ingredients:**

1/4 teaspoon salt

1 1/2 cups white speltz flour, plus more for flouring surface

Coarse sea salt, dried onion bits, poppy seeds and sesame seeds (for the everything bagel effect) or a seed combination of your choice

### **Method:**

1. Preheat the oven to 350 degrees. Dissolve the salt in 1/2 cup of cold water. Stir in the speltz flour until combined. Knead the dough a few turns until a ball forms.
2. Flour an overturned 12-by-17-inch cookie sheet and roll out the dough on top of it, using as much flour as needed to prevent sticking, until the dough covers the sheet from edge to edge. Do your best to get them as thin as possible, because the thicker parts become quite hard when baked. Using a spray bottle filled with water, spray the dough to give it a glossy finish. Prick the dough all over with a fork. If you choose, sprinkle with sea salt or seeds. For neat crackers, score the dough into grids.
3. Bake until the dough is crisp and golden and snaps apart, 15 to 25 minutes. (Check after 10 minutes to make sure it does not overcook.) Break into pieces and serve.

*The Balanced Body Center*

(704) 849-9393    [www.knowbalance.com](http://www.knowbalance.com)