



Rosemary Emmer Crackers

Ingredients:

2 cups ground Fieldstone Organics Emmer flour

2 tsp baking soda

1 tsp sea salt

2 cups buttermilk

¼ cup brown sugar

¼ cup honey

1 cup dried cranberries, raisins or apricots.

½ cup sliced hazelnuts, almonds or pecans.

½ cup Fieldstone Organics Ultimate Whole Cereal (soaked in equal parts water for 12-24 hours)

¼ cup toasted sesame seeds

¼ cup Fieldstone Organics golden flax seed

3 tbsp fresh rosemary

Procedure:

In a large bowl, combine the Emmer flour, baking soda and salt. Add the buttermilk, sugar and honey and stir. Add all remaining ingredients and mix well.

Pour the mixture into 2 greased or lined loaf tins. Bake at 350 for 30-35 minutes or until golden in colour and springy to the touch. Place pans on a cooling rack for 5 minutes, then remove and cool on a wire rack. When cool wrap loaves tightly and refrigerate. Ideally refrigerate for 1—2 days (the loaves can be frozen until you are ready to dry crackers).

Using a very sharp knife, cut loaves into very thin slices (approx. 30 per loaf) and arrange slices in a single layer on a baking sheet. Bake at 300 for 15 minutes, turn over and bake for 7-9 minutes until crisp and deep golden. Cool.

