
Rosemary Emmer Crackers

Ingredients

- 2 cups Fieldstone Organics Emmer, freshly ground
- 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, chopped fairly small
- ½ cup chopped 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 flax seed
- 3 tbs fresh rosemary

Method

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° F for 30 – 35 minutes or until golden in colour and springy to the touch. Place pans on a cooking rack for 5 minutes, then remove and cook on a wire rack. When cool, wrapped 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 (approximately 30 per loaf) and arrange slices in a single layer on a baking sheet. Bake at 300° F for 15 minutes, turn over and bake for 7 – 9 minutes until crisp and deep golden. Cool and enjoy!

