Coastal Crackers

Adapted from this recipe

Recipe: *(makes 2 loaves, and a lot of crackers)*

2 1/2 Cups Whole spelt flour
2 tsp. Baking soda
1 tsp. Baking powder
1/2 tsp. Sea salt
2 cups Unsweetened almond milk
1 tsp. Apple cider vinegar
5 Tbsp. Maple syrup
1 Tbsp. Molasses
2 Tbsp. Chia seed
2 Tbsp. Ground flax seed
1 Cup Dried unsweetened cranberries *(or dried fruit of choice. Chopped if large)*
1/2 Cup Walnuts *(or nuts of choice)*
1/2 Cup Toasted pumpkin seeds
1/2 tsp. Ground black pepper
2 Tbsp. Chopped fresh rosemary *(or herb of choice)*

Procedure:

In a large bowl mix together the flour, baking soda, baking powder, salt, chia seeds, flax meal, pumpkin seeds, nuts, and dried fruit.

In another bowl combine the almond milk and vinegar. Let the mixture sit for a few minutes for the almond milk to sour. Once the milk is soured (it should only take 2 minutes), add the maple syrup and molasses. Combine the wet and dry ingredients and mix until combined. Stir in the black pepper and chopped rosemary.

Divide the mixture evenly into two 8" by 4" loaf pans which have been lined with parchment paper. Bake the loaves in a preheated 175° C (350° F) oven for approximately 35 minutes or until they spring back when lightly touched. Let them cool in the pan.

Once the loaves are cooled, slice each down the centre to create two long halves (see picture above). Wrap the four long halves in a bag or foil and place in the freezer overnight. Once the halves are frozen, use a sharp knife to slice each half into thin slices. Arrange the slices on a baking sheet and bake at 150° C (300° F) for about 15 minutes, flip the crackers over and bake for another 8-12, or until crisp. Once cooled, the crackers can be stored in a airtight container for several weeks.

The amazing thing about these, is that once you bake off and halve the loaves, they can stay wrapped in your freezer for up to a couple of months before baking. All you have to do is slice and bake them off whenever you need some crackers. Talk about convenience food!