Whole Grain Crackers

Ingredients:
- 2 tablespoons nuts
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 1/2 cups quick-cooking oats
- 1/4 cup wheat germ
- 1 tablespoon sugar
- 2/3 cup water
- 2 tablespoons vegetable oil
- 2 teaspoons water
- 1/4 teaspoon salt

Directions:
1. Preheat oven to 350° F.
2. Place nuts on cutting board; with a sharp knife, chop finely.
3. Measure flours, oats, wheat germ, nuts, and sugar in a large bowl. Stir to combine ingredients.
4. Measure 2/3 cup water; add to the flour mixture. Add oil. Stir just until dry ingredients are moistened.
5. Divide dough in half.
6. Place each half of the dough on an ungreased baking sheet and pat into a 12-inch square. Cut into 2-inch squares.
7. Sprinkle or brush each half of the dough with 1 teaspoon water. Sprinkle evenly with half of the salt (1/8 teaspoon).
8. Bake 20 to 25 minutes or until crisp and lightly browned. If the edge crackers brown too quickly, remove them and continue baking remaining crackers.

Yields about 6 servings

Source: Cooking Up Fun! Muffins & More - Cornell University Cooperative Extension

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Nutritional Information</th>
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<tbody>
<tr>
<td>1 serve (6 crackers)</td>
<td>Calories 240, Fat 7g, Carbohydrates 35g, Protein 7g, Total Fat 8g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 100mg, Calcium 4%, Iron 15%</td>
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*Nutrition facts based on standard recipe using chopped almonds.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.