

## **Kamut crackers**

*Makes 24 crackers*

### **Ingredients**

#### **6 servings**

2½ cups (300 g) kamut flour

¼ tsp (1 g) sea salt

¼ cup (60 ml) coconut oil

¾ cup (180 ml) water

1 tbsp (15 ml) maple syrup

### **Directions**

1. Preheat oven to 375°F (190°C) and line baking sheet(s) with parchment paper.
2. In a large bowl combine flour and salt.
3. Using a pastry cutter or 2 forks, cut in coconut oil.
4. Make a well in the middle of the flour and add the water and maple syrup. Fold in the flour, and proceed to knead until the liquid is completely incorporated and a dough has formed. Add 1 tbsp (15 mL) of cold water at a time if it is too dry. Divide dough into two, and cover with a lightly damp cloth. Allow to rest for 10 minutes.
5. Place a piece of parchment paper on to your rolling surface. Sprinkle kamut flour on the surface and your rolling pin to prevent sticking. Roll out dough into a ¼ inch thickness and cut into a 2" x 2" square, approximately 24 pieces. Transfer parchment paper to a baking sheet. Slightly separate each piece so that there is space between each one. Repeat with remaining dough.
6. Bake for 20 to 25 minutes, flipping halfway and until golden brown.
7. Allow the crackers to cool completely on a cooling rack. Store leftover crackers in an airtight container.

### **Tips:**

1. Serve crackers with our avocado butter, chutney or other spreads like pesto, hummus or tapenade.
2. To up the flavour profile add a pinch of your favourite dried herbs and spices to the dry ingredients.