

Spent Grain Wheat Thins

Ingredients

1 cup spent grain flour
¼ cup bread flour
¼ cup sugar (or 2 tablespoons stevia)
½ teaspoon salt
½ teaspoon turmeric
½ teaspoon baking powder
2 tablespoons coconut oil, melted
½ cup + 2 tablespoons water
1 ½ teaspoon maple syrup

Method

Preheat the oven to 300°F.

In a standing mixer or bowl, combine all dry ingredients and mix thoroughly. Mix in wet ingredients and combine well. A semi-dry ball of dough should form.

Place ball between two sheets of wax paper. Using a rolling pin, roll the dough out to about 1/16 of an inch. Once rolled out, the dough will be about the size of a standard cookie baking pan. Place the dough on baking pan.

Gently peel off the top layer of wax paper. Using a pizza cutter, divide the dough into one-inch squares. Sprinkle with some sea salt.

Place the crackers in the oven and bake for 20-25 minutes so the crackers dry out. Ovens vary, so if the crackers turn brown before they're dry, lower the heat and cook longer.

Remove from the oven and store in an airtight container for a few days.

Notes