



## **Umami Savory Snack Crackers**

*Meet a new healthy food friend, Nutritional Yeast*

- 1 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 2 tablespoons flaked nutritional yeast
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1/2 cup water
- 1/2 Tablespoon Buckwheat honey

### **Topping:**

- 1 Tablespoons flaked nutritional yeast
- 1 teaspoons sesame seeds
- 1/2 teaspoon chia seeds
- 1/2 teaspoon coarse salt
- Olive oil spray as desired

In mixing bowl, mix all-purpose flour, whole wheat flour, yeast and salt. Slowly add oil, water, and honey; stir until dough forms. If it is too sticky, add a little more flour or if dry, add a little more water. Mix a few minutes to combine into dough. Cover with plastic wrap or towel; let rest 10 minutes so it is easier to roll out.

Meanwhile, measure two pieces of parchment paper about the size of cookie sheet for rolling.

In a small bowl, combine all topping ingredients; set aside.

After resting dough, place half of dough in center one piece of parchment paper; cover with another piece of parchment paper. Roll until dough becomes large rectangle about 1/16 inch thick. Remove top parchment paper. Sprinkle top of dough with half of reserved topping. Cover with parchment paper again. Roll into dough to adhere topping. Remove top piece of parchment.

With a decorative pie crust cutter or sharp knife; cut into cracker size rectangles, prick with fork. Spray with olive oil. Slide parchment paper with dough onto 1 insulated cookie sheet. Repeat rolling steps with second half of dough; placing on second insulated cookie sheet.

Bake in preheated 400-degree F oven for 10 to 12 minutes or golden brown. Remove from oven. If some crackers are already very brown, remove those crackers and return the remaining crackers to the oven and bake a few minutes longer or until brown and crisp. Remove baked crackers from parchment paper to cooling rack.

Yield: about 24 crackers

Serve as snack or with soup and salads

Inspired by: Bob's Red Mill Nutritional Yeast; Can't Stop Crackers and <https://www.macheesmo.com/nutritional-yeast-crackers/>

### **About Nutritional Yeast:**

Nutritional yeast is a vegetarian dietary supplement with a pleasantly cheesy flavor. It is rich in vitamin B-12 and provides 6 grams of protein per serving. Add to sauces, scrambles, kale chips, crackers and biscuits, or sprinkle over vegetables, baked potatoes or popcorn.

<https://www.bobsredmill.com/nutritional-yeast.html>

**Cook's Note:** We love the ones that are brown and very crisp. If you make them thicker, they will be soft. To keep them crisp store them in an

airtight container. Crackers can also be made using only all-purpose flour rather than whole wheat flour.

**About the Recipe:** If you want a cracker that has a light cheesy flavor, these are for you. They use nutritional yeast, which provides the flavor and umami taste. Watch out because they might become addictive!