



Spiced-Up Golden Turmeric Crackers

Warm pungent flavored crisp crackers perfect for dipping

1 cup all-purpose flour
1/4 cup white whole wheat flour
1 teaspoon ground turmeric
1/2 teaspoon (each) salt; onion powder; garlic powder
1/4 teaspoon (each) ground ginger; paprika
1/8 teaspoon ground black pepper
3 Tablespoons cold plant butter
1 Tablespoon sesame oil
1/4 cup water

Topping:

1 egg mixed with 1 Tablespoon water
1/2 Tablespoon toasted sesame seeds
1 teaspoon whole chia seeds
Coarse sea salt as desired

Preheat oven to 400 degrees F.

Mix Up the Dough: In a mixing bowl, mix all-purpose flour, whole wheat flour, turmeric, salt, onion powder, garlic powder, ginger, paprika, and black pepper. Cut plant butter into chunks; mix into flour mixture until butter is in pea like pieces. Add oil and water; mix until just combined and forming ball of dough.

Roll Out and Shape Dough: Place one sheet of parchment paper on cookie sheet; flatten dough into 5-inch circle in center of sheet; place another parchment sheet over the top; roll dough very thin. Remove top piece of parchment. With pizza cutter; cut into triangular shapes. Brush top of dough with egg/water mixture; sprinkle with sesame seeds, chia seeds, and salt as desired.

Bake Crackers: Place crackers on parchment into preheated 400-degree F oven for about 15 minutes or until golden brown. Remove from oven; cool for 5 minutes. Carefully cut triangles crackers apart. Remove crackers that are crisp. If some crackers need to be crisper, put back into oven for about 6 additional minutes. Remove crackers to cooling rack.
Yield: about 2 dozen crackers

About the Recipe: These golden crackers, not only tastes delicious, but are filled with anti-inflammatory and antioxidant properties. They are easy to make and can be served with your favorite hummus, soup, or salad.