



# Fresh Milled Sourdough Crackers with Sprouted Wheat and Amaranth

My classic sourdough crackers recipe, with sprouted wheat and amaranth for a flavor variety and nutrition change up.

## Ingredients

- 160 g sourdough starter, liquid
- 140 g wheat berries, hard (sprouted)
- 20 g grain, amaranth
- 112 g butter

### TOPPING:

- 2 g sea salt (coarse)

## Directions

1. Mix ingredients with a Danish dough whisk, mixer, or by hand.
2. Optionally let the dough rest for 30 minutes.
3. Roll out dough very thin.
4. Perforate edges to form cracker shapes. Use a cracker roller to shape and poke holes in the dough.
5. Bake at 350°F (175°C) for 10-12 minutes or until desired darkness.
6. If you need them more crispy, leave in the oven as it cools or stick in the dehydrator at 125°F until crispy.
7. Store in a bag to prevent moisture from getting in.

## Notes