



# Vegan Sourdough Crackers, Fresh Milled

Light crunch, but not break your teeth crunchy

## Ingredients

- 70 g wheat berries, Durum (Emmer, Kamut or Hard wheat could work here)
- 75 g berries, rye
- 80 g extra virgin olive oil
- 5 g sea salt
- 5 g baking powder (1 tsp baking powder)
- 150 g sourdough starter, liquid

## Directions

1. Mill the grains into flour.
2. Add all ingredients to a mixing bowl.
3. Mix together with a sturdy silicone spatula, wooden spoon,, danish dough whisk, or with your hands.
4. Roll out from the center toward the outside to fill a large baking sheet of parchment. There will be extra. The thinner the crispier, the thicker, the more sturdy your crackers will be. I did 1/8"
5. Cut into desired shapes with either cookie cutters or a pastry roller. Dock the crackers with a fork to prevent puffing up during the bake. I used a Betty Bossi cracker roller.
6. Sprinkle with sea salt, pepper or whatever herbs you like. I used rosemary, thyme, fresh ground pepper and coarse salt. Then, I lightly pressed them into the dough before baking.
7. Bake in oven. I baked at 375 F convection for 8-10 minutes, until browned to your liking. They will crisp up as they cool.
8. For further, and sustained crunch, dehydrate your crackers until as crispy as you like.
9. Store in a glass container or baggie to keep outside air from getting in.

## Notes

## Equipment

- [Silicone Spatulas](#)
- [roller/cutter](#)
- [Dough Docker](#)
- [parchment sheets](#)
- [baking stone](#)
- [Excalibur Food Dehydrator](#)
- [Bakery Bags with Window](#)

## Ingredients

[Kasandrinos Organic Extra Virgin Olive Oil](#) is all I use - it's so good I've got it on subscription every month.

## Baking Notes

- I baked these at **375°F with convection**
- First batch took **10 minutes**, but **8 minutes would have been perfect**
- Oven performance varies — trust your eyes
- Air fryer friendly

Thinner crackers = crispier

Thicker crackers = sturdier

They crisp up even more as they cool.