Yeast & Gluten Free NORDIC CRACKERS or LAVOSH (vegan, FODMAP friendly, grain free)



Your 'handling" time: 15 minutes



Cook Time: 5-7mins each



Serving: lots of crackers

Ingredients

| SMALL | FAMILY | | | |
|---|--------|------------------------|--|--|
| 250g | 380g | water, warm | | |
| 330g | 500g | Gluten Free Bread Mix | | |
| 50g | 75g | extra virgin olive oil | | |
| 1tbs | 1.5tbs | apple cider vinegar | | |
| 120 | 180g | seeds of your choice | | |
| Sea Salt or Pink Salt Flakes for sprinkling | | | | |
| 1ths is 15 ml | | | | |





Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (5mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and use immediately or you can keep the dough in the fridge for a couple of days.
- When you are ready, divide the dough into 200-250g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 1mm for lavosh) or 2mm for crackers, in between two sheets of baking paper
- Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.
- Sprinkle each rolled dough with sea salt flakes and lightly press with your rolling pin
- Score the rolled dough to any shape you like
- Pre-heat your oven to 160C fan forced
- Bake the crackers for 35-45mins until golden brown and cooked, taking extra care not to burn your crackers
- Let the crackers to cool completely and to crisp up – if they are not crisp enough after cooling, re-bake for an extra 10-15mins

Crackers will keep in an airtight container for a month

More recipes inc. sourdough:

www.wildsourdough.com.au

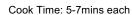
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Dry bread mix INGREDIENTS: WHOLEMEAL GLUTEN FREE FLOUR BLEND (sorghum, organic stoneground buckwheat, chia seed, organic psyllium), organic tapioca starch, bamboo shoot fibre, calcium carbonate, sea salt. Made in Australia from 40% Australian ingredients (Gluten free & gluten tested; high protein 11%; high fibre 15%; grain free, Fodmap friendly; corn, soya, rice free)

Sourdough Gluten Free NORDIC CRACKERS or LAVOSH (vegan, FODMAP friendly, grain free)



Your 'handling" time: 15 minutes





Serving: lots of crackers

Ingredients

| SMALL | FAMILY | | | |
|---|---------------|---------------------------------------|--|--|
| 250g | 380g | water, warm | | |
| 330g | 500g | Gluten Free Bread Mix | | |
| 50g | 75g | extra virgin olive oil | | |
| 50g | 80g | gluten free sourdough starter, active | | |
| | | (1 flour to 1 water) | | |
| 120 | 180g | seeds of your choice | | |
| Sea Salt or Pink Salt Flakes for sprinkling | | | | |
| 1tbs is 15 ml | | | | |





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Gluten Free starter is available from:

www.wildsourdough.com.au

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