

# Flaxseed Cracker

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## ***Nutritional Info***

Servings size: 1 piece

### Amount Per Serving

Calories: 20

Total Fat: 1g

Carbs: 3g

Protein: <1g

## ***Ingredients***

- 1 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 Packet Stevia
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup Olivio softened
- 1/2 cup buttermilk\*
- 3 tablespoons flax seed or sesame seed

## ***Directions***

Heat oven to 375°F. Combine whole wheat flour, flour, sugar, baking powder, baking soda and salt in large bowl. Mix in butter with fork just until mixture resembles coarse crumbs. Add buttermilk; stir just until flour is moistened. Stir in flax seed.

Place dough on lightly floured surface; knead 3 to 5 times until smooth. Divide dough in half. Roll out each half with floured rolling pin or pat each half with floured fingers into 13x11-inch rectangle on greased baking sheets. Prick all over with fork.

Bake for 12 to 15 minutes or until golden brown. Cool completely. Break into pieces.

\*Substitute 1 1/2 teaspoons vinegar or lemon juice and enough milk to equal 1/2 cup. Let stand 10 minutes.