

Simple Crackers with Optional Vegetables

Ingredients

- 2 cups flour
- 1/2 tsp salt
- 1 tsp baking powder
- 2/3 cup water
- 1/3 cup melted coconut oil
- 1 egg
- Toppings of your choice
- Optional: vegetables like steamed broccoli or baked sweet potato, up to 1/2 cup



Directions

1. Preheat oven to 400 degrees. Mix all of the dry ingredients together. Combine the water and oil. Use a blender if adding vegetables.
2. Mix together the wet and dry until the dough comes together like a playdoh texture.
3. Divide the dough into 2 or 3 equal pieces. Use a rolling pin to roll the dough out very thinly directly onto cookie sheets. Put a silpat or damp towel under your cookie sheet to make rolling the dough out easier.
4. Beat the egg with two tablespoons water and brush the crackers with the egg wash using a pastry brush.
5. Top the crackers as you wish! I only use salt and a little pepper for Dear Daughter. For the rest of us, I have used a combination of garlic powder, onion powder, smoked paprika, salt and pepper. I also did cinnamon and coconut sugar.
6. Use a pizza cutter to cut the crackers into your desired size and shapes. Bake for 10-14 minutes, until lightly golden and crispy. If you added vegetables, they might take a little bit on the longer side.

(courtesy of [CatchMyParty](#))