LAVASH

Makes 6 large crackers (24 servings)

INGREDIENTS

2 1/2 teaspoons or 1 pkg. active dry yeast
1 3/4 cup warm water
2 1/2 cups flour
2 1/2 cups whole wheat flour
2 1/2 teaspoons salt (may use less)
2 large eggs beaten with 2 teaspoons water
Various toppings: sesame seeds, poppy seed, paprika, cumin or salt

DIRECTIONS

1. Preheat oven to 375°F.
2. In a large bowl, sprinkle yeast over warm water. Mix for 1 minute.
3. Slowly add flours to make a stiff dough.
4. Add salt.
5. Turn out onto a lightly floured surface and knead until dough is smooth; about 8-10 minutes.
6. Divide into 8 equal pieces.
7. Roll each piece paper thin.
8. Place on baking sheet. Brush with egg wash and top with seeds or spice.
9. Bake for 10-15 minutes or until golden brown.

SNAP-ED

Nutrition information per serving of 1/4 cracker:
Calories 149
Fat 2 g
Saturated fat 0 g
Trans fat 0 g
Sodium 302 mg
Carbohydrates 28 g
Protein 6 g
Dietary fiber 3 g
Calcium 13 mg