

# Gill's Gourmet Gallery

## Wholemeal rye crackers

### Ingredients:

200g wholemeal rye flour  
1 level teaspoon baking powder  
50g butter  
1 tablespoon runny honey  
Cold water  
1 egg  
1 tablespoon mixed seeds  
Crunch of sea salt and ground pepper

### Method:

Stir the flour and baking powder together.  
Rub the softened butter into the flour.  
Add 1 level tablespoon of seeds.  
Stir and add the water and honey to form a floppy dough ball.  
Place on a floured surface and roll until thin (cracker size).  
Cut out shapes and place on a greased baking sheet.  
Egg wash and sprinkle with seeds, a little sea salt and a crunch of pepper.  
Bake for 30 minutes, 200c fan.



Note: 1 tablespoon grated cheese and 1/4 teaspoon chilli flakes could be added to the dough mixture instead of seeds.