

# Crackers

## Ingredients

2 Cup Flour of your choice

2/3 Cup warm water

1/3 Cup olive oil

Sea salt

You can add seeds or spice

## Method

1. Preheat oven to 200C
2. Put flour, salt, water, seeds or spice if using and oil in a bowl and stir to combine.
3. Roll out as thin as you can between baking paper.
4. Cut into triangles.
5. Sprinkle with sea salt then bake for 30- 40 mins.