

Simple Sea Salt and Avocado Oil Crackers

I don't tend to eat a lot of snack foods like pretzels and potato chips. Not that I don't like them, but I don't like them enough to bring into my house so I can sit and eat them all day, which I definitely would.

Crackers, on the other hand, well, I do love crackers. I eat them probably everyday. Different types, and in different ways. Sometimes just a snack of Triscuits with sliced cheddar. Sometimes, rice crackers with hummus. I don't discriminate when it comes to crackers, so it shouldn't be a surprise that I like to make my own on occasion.

These are simple crackers with crunchy sea salt, usually made with olive oil, but this time I thought I'd use my avocado oil. Because there are so few ingredients, the flavor of the oil shines through, and the coarse sea salt amplifies the flavor while also adding texture.

While homemade crackers are easy and cheap, there are two things you need to know to ensure success. First, when you roll the dough, make sure to get it as thin as possible. Thicker cut crackers just won't crisp up, and while they are still edible (I've eaten plenty of soft crackers) they're just not as satisfying. Next — and this is the hard part — let them cool completely when you

take them out of the oven. Trust me. Not only are hot crackers not that great (but again, still edible!) but they really do become more crispy as they cool.

You can cut these in whatever shape you like, but just make sure they are uniform in size so they bake evenly.

You can top these with dried herbs or cheese if you like, but eaten as is, they make a lovely addition to a cheese plate, or as a dipping mechanism for whatever you like.

Ingredients:

2 1/2 cups flour
1 teaspoon baking soda
1/4 teaspoon kosher salt
3 tablespoons extra-virgin avocado oil
1 cup water
1 teaspoon Aztec sea salt

Directions:

Preheat oven to 425 degrees F.

Put the flour, baking powder, and kosher salt in a bowl and sift. Form a well into the center and add the avocado oil and water.

Mix with a wooden spoon until well combined.

Lightly flour a work surface. Divide the dough in half and roll half into a sheet about 1/8 inch thick. Cut into evenly sized squares and lay on a parchment lined baking sheet. Repeat with remaining half.

Brush the crackers lightly with water and sprinkle on the Aztec sea salt. Bake for 15-20 minutes, until crackers are light brown around the edges. Let cool completely before eating. Store leftovers in an airtight container.