



# V's Herby Swedish Seed Crackers

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## Ingredients

- ¼ c warm water
- 1 packet fast rising yeast
- 1 tsp sugar
- Pinch salt
- 2 cups all purpose flour
- 1 cup rye flour
- ¾ cup seeds of choice
- ¼ cup chopped fresh herbs

## Directions

- Preheat oven to 450F and line loaf pan with parchment paper
- Proof yeast in warm water with teaspoon sugar. Set aside and allow to start rising (about 10 minutes),
- In the mixer combine flours, salt and yeast water.
- Mix until combined and then stir in seeds & herbs.
- Allow to rise with towel over bowl for 1-2 hours.
- Roll into golf ball size balls.
- Roll each ball into a disk.
- Use a glass to cut a circle out of the center.
- Place on unlined cookie sheet.
- Bake at 450F for 15-18 minutes until crispy & brown.

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