

# Ontario wheat thins

Yield: 20 - 30 servings  
Prep time: 5 minutes  
Cook time: 5 - 8 minutes

Make your own Ontario wheat thins or crackers using Ontario wheat flour. Our Ontario wheat thins are a great snack for family gatherings, school lunches or dipped into hummus.

## Ingredients

- 5 cups Ontario whole wheat flour
- 1 1/2 cups of water
- 1/2 cup of butter
- 2 tsp of baking powder
- 1/2 tsp of salt
- 1 tsp flavouring (optional: paprika, garlic powder, black pepper, or rosemary)
- salt for topping (optional)

## Directions

1. Combine dry ingredients.
2. Cut butter into small pieces and mix in with your fingers until the dough has a smooth texture.
3. Roll thin and cut into small squares.
4. Prick each cracker with a fork and sprinkle salt if desired.
5. Bake at 350 for 5-8 minutes or until brown and crisp.
6. Serve with your favourite Ontario cheese and smoked meat for a great party platter to share with your family and friends during the long weekend!

**#TrainWithGrainsTip:**  
Do not eat raw flour. Raw flour has the potential to be contaminated with the same bacteria as raw meat or eggs. Make sure your dish is fully cooked before eating.



The logo for 'Good in Every Grain' features the text 'GOOD in every GRAIN' with a stylized grain stalk icon above the word 'GRAIN'. Below the text is a circular emblem with 'ONTARIO FARMERS OF ONTARIO' around a central green field. The website address 'www.GoodInEveryGrain.ca' is printed below the emblem.

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