

2 cups whole wheat pastry flour
1/2 teaspoon salt
1/2 cup canola oil
7 Tablespoons cold water

Preheat oven to 350 degrees.

Mix flour and salt together.

Pour water into the oil.

Whisk until combined.

Add to flour and salt.

Stir with fork. Knead until smooth and blended.

Roll out with rolling pin on a cookie sheet to the edges until thin and smooth.

With a table knife, score (not all the way through the dough) into 3/4 inch squares.

Bake 15 to 20 minutes until edges are dry. Avoid browning.

Let cool then break into squares.

This makes a large amount. You may want to divide recipe in half or enjoy eating it like a cracker.