

## **Spelt Sourdough Crackers**

*Sylvia Davatz*

1 c. "discard" sourdough starter  
1 c. whole spelt flour  
large pinch sea salt  
1 T. black sesame seeds  
1 T. poppy seeds  
1/4 c. olive oil

Combine the flours, salt and seeds well. Mix in the olive oil and the sourdough starter. Knead to a soft dough. Sprinkle a baking sheet lightly with spelt flour. Pat the dough into a rectangle, transfer it to the baking sheet and roll out thinly. Cut into squares or diamonds with a ravioli wheel. Bake at 400° till crisp and browned.