

Bagel, Pretzel, Cracker, and Chip Recipes (No Eggs Required)

Whole Wheat Bagels (12 Bagels)

4 cups wheat flour	3 tbsp. sugar	1 tbsp. salt
1/2 pkg. yeast (1/2 tbsp.)	1.5 cups warm water	

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Mix the flour, sugar, and salt together and then add the yeast water. Stir to make a moderately stiff dough. Turn onto a floured surface and knead until smooth. Cover and let rest for 15 minutes. Cut into 12 portions. Shape into small balls. Punch a hole in each ball with your finger. Pull gently to enlarge hole. Work into a uniform bagel shape. Cover and let rise 20 minutes.

Cook: In a large kettle combine 1 gallon of water and 1 tbsp. sugar and bring to a boil. Reduce heat to a simmer. Cook 4 or 5 bagels at a time for 7 minutes turning only once. Drain and place on a greased baking sheet. Bake at 375°F for 30 to 35 minutes. Remove from oven and allow to cool.

Whole Wheat Pretzels (12 Pretzels)

1.75 cups wheat flour	2 tsp. baking soda	1/4 tsp. salt
1/2 pkg. yeast (1/2 tbsp.)	3/4 cup warm water	1/4 cup cold water

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Mix in flour. Knead dough for 10 minutes. Cover and let rise for 15 minutes. Divide dough into 12 pieces. On a floured surface, roll each piece into a rope 12" to 15" long. Lay one rope in a U-shape. Cross the two ends and press them into the bottom of the U-shape at the 5 and 7 o'clock positions. Repeat with the other ropes. Dip pretzels into a solution of 1/4 cup cold water and 2 tsp. baking soda. Place dipped pretzel onto a greased cookie sheet. Sprinkle with a small amount of salt.

Cook: Bake at 400°F to 425°F for 15 minutes.

Whole Wheat Crackers

1 cup wheat flour	1/4 cup cornmeal	1/4 tsp. salt
1 tsp. baking powder	1/2 cup butter	4 tbsp. milk

Preparation: Sift wheat flour and cornmeal. Mix in other dry ingredients. Cut in butter. Add milk to make a stiff dough. Roll until flat about 1/8" thick. Cut into squares, triangles, diamonds, etc. Prick with small fork.

Cook: Bake on buttered cookie sheet 5 minutes at 375°F or until brown on the bottom. Turn crackers over with a spatula and bake 3 to 5 minutes longer until again brown on the bottom.

Graham Crackers

1.75 cups wheat flour	1/4 cup brown sugar	3/4 tsp. baking powder	1/8 tsp. salt
1/6 cup instant nonfat dry milk	1/8 cup oil	3/8 cup water	1/4 tsp. cinnamon (optional)

Preparation: Combine flour, salt, brown sugar, dry milk, and baking powder. If desired, add the optional cinnamon. Mix well. Mix oil and water together and then add to dry ingredients and mix well. Chill dough in refrigerator for 1-hour. Then transfer to a floured board. Divide dough into halves. On waxed paper roll each half to about 1/8" thick. Cut into 2" squares. Peel crackers off waxed paper and place on lightly oiled cookie sheet. Prick with a fork.

Cook: Bake at 375°F for 15 minutes or until golden brown.

Cheddar Cheese Crackers

1.5 cups wheat flour	1/4 tsp. baking soda	1/4 tsp. cream of tartar
1/8 tsp. cayenne pepper	1/4 tsp. salt	1.5 ounces cheddar cheese
1/2 tsp. light corn syrup	1/3 cup warm water	2 tbsp. shortening

Preparation: Mix one cup flour and all dry ingredients and the cheese (powder or grated). Stir to mix well. In a separate bowl mix the corn syrup and water and add the shortening and stir. The mixture will be quite heavy. Gradually add the flour mixture to form a dough that can be kneaded. On a floured surface, knead the dough 4 minutes by hand. Add more flour as necessary. Place dough in bowl, cover, and refrigerate at least one hour.

Preheat: Preheat oven to 400°F for 20 minutes before baking.

Shaping: Divide dough in half, keeping one-half covered in the refrigerator (until other half is removed from oven). Press and roll dough with your hands and a rolling pin to the length of your baking sheet. Roll to a thickness of 1/16 inch. Fold the dough from each end to the center to make 3 layers. Turn the dough over and roll it again to 1/16 inch thick. Lift the dough and place on the greased baking sheet. Prick the entire surface with a fork. Use a knife and score the dough into crackers of the desired size. Sprinkle lightly with salt.

Cook: Bake at 400°F for 8 to 15 minutes in center of oven until lightly brown and crisp. Remove and brush with melted butter (if available). Cool on wire racks. Break into crackers. Will stay fresh 3 to 4 weeks if stored in airtight container.

Cheese Wafers

1 cup flour	2 cups grated cheese	1/4 cup warm butter
1 tsp. salt	1/8 tsp. paprika (optional)	1/2 cup chopped nuts (optional)

Preparation: Combine all the above ingredients. Divide dough in half and form two long rolls. Place in the refrigerator for four-hours. Remove from the refrigerator and cut each roll into thin wafer slices.

Cook: Bake at 350°F for about 15 minutes in center of oven until lightly brown and crisp.

Whole Wheat Chips

1 cup wheat flour	2 cups water	1 tsp. salt
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Preparation: Sift the wheat flour. Add the salt and water. Stir well. The thinner the batter mixture, the thinner the chips, and the more evenly they will cook. Put the mixture into a used, empty, clean plastic ketchup (or mustard) squirt bottle. Squirt the mixture onto a non-stick cookie sheet in a thin potato chip shape.

Cook: Bake at 350°F for 10 to 15 minutes or until crisp. Check the chips after about 8 minutes and turn the chips over IF the middle of the chip is not cooking as fast as the outside edges.

Variation: Use 1 tsp. Onion Salt instead of the regular salt.

Variation: Use 1 tsp. Garlic Salt instead of the regular salt.

Optional: Add 3 tbsp. grated parmesan cheese.