

Mud Crackers

These are sweet and slightly salty and taste like chocolate

**2 cups whole wheat flour
½ cup roasted carob flour
1/3 cup roma, postum or pero (coffee substitute)
1 tsp sea salt
2 Tbsp date sugar, sucanat or brown sugar
¼ cup + 2 Tbsp almond butter
¼ cup molasses (regular, not blackstrap)
1/3 cup hot water**



Place water, almond butter, molasses and roma into a small bowl and stir well to dissolve roma. Set aside. In a larger mixing bowl, place the whole wheat flour, carob flour and salt into it and mix well. Then add the wet ingredients into the bowl with the dry ingredients and mix well (you will want to use your hands probably).

Using two large pieces of seran wrap on a kitchen counter, place a tiny bit of oil and oil the counter, placing a sheet of the seran wrap down then some of the dough in a ball and flatten down a bit with your hands then cover with the other piece of seran wrap and use a rolling pin to flatten into a large rectangle so as to fit a cookie sheet. Aim for ¼ inch thick and roll out to place on the cookie sheet. Taking one of the pieces of seran wrap off, flip over onto cookie sheet and remove remaining seran wrap. Cut off edges and place into an oven at 280 degrees (F) and bake for 18 minutes, then take out and score into squares then carefully turn over the crackers to cook an additional 15 minutes, depending on size and heat of your oven. Crackers will harden further as they cool.