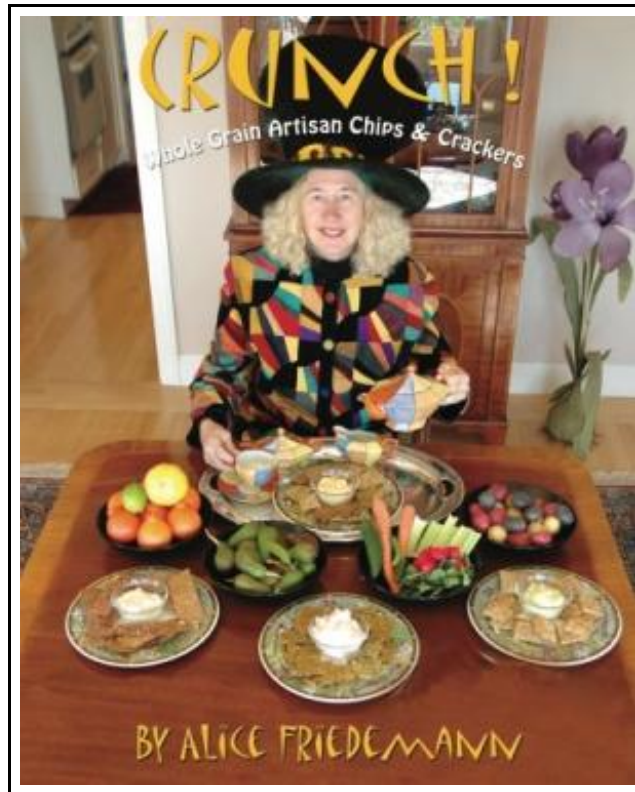


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CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Bet you've been waiting all your life for this. Finally a book about crackers!And chips! You know how you can't eat just one? It's true. We're stuffing ourselves with the worst kind of junk food. Stores are chockablock with chips we'd never buy if we knew what was in them. But now you can make healthy chips and not feel guilty about it.Supermarket crackers are not much better. But what if crackers were both crunchy and delicious health food? Then their role in cuisine would be much larger.I use them for appetizers, croutons, bread crumbs, snacks, and a crispy garnish on soups, salads, casseroles, vegetables, ice cream, and more. What can't you add crackers to?Unlike bread, chips and crackers last for months, so I always have them on hand. A serving of homemade chips or crackers costs about a nickel, store bought up to a dollar.My easy method needs no fat, sugar, salt, or rolling out of dough.Grains are alive. They're seeds, so they're full of vitamins, minerals, fiber, and healthy oil for the baby seedling, one of the densest sources of nutrition you can eat. Bread isn't called the staff of life for nothing.Whole grains are delicious. Crackers are a snappy and crunchy way to get more whole grains into your diet. Your kids will love them too.Don't like wheat? No problem, you can use any kind of flour - corn, brown rice, amaranth, quinoa, soy, buckwheat, chickpea, and lentil - your choice.Are you a caterer or chef? Your customers expect better than industrial boxed crackers for appetizers-they're seeking fresh local food. Distinguish yourself with artisan crackers. They're more visually exciting and flavorful than crisp bread.So let's get crackin' and...

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