

WHEAT STICKS

7 cups wheat flour
1/2 cup brown sugar
4 tsp salt
1/2 cup oil
2 cup Cold water

Mix dry ingredients first. Add oil and mix with your hands until evenly mixed. Add water slowly and mix well.

Roll out on floured deck, thickness is depending on your choice for chewy or crunchy. Cut into strips or squares. Place on cookie sheet

Bake at 350° for 15 minutes.

CRACKERS

2 cups wheat flour
3 cups quick oats
1 cup wheat germ
3 Tbsp sugar
1 tsp salt
3/4 cup oil
1 cup water

Mix dry ingredients first. Add oil and mix with your hands until evenly mixed. Add water slowly and mix well. Divide on two cookie sheets

Roll 1/2" thin. Sprinkle with salt. Mark in squares or diamonds. Bake at 350° for 30 min or until crisp.