

## Hemp Lavash Cracker



### Ingredients:

791g Water  
98g Vegetable Oil  
147g Honey  
14g Instant Yeast  
1227g Bread Flour  
25g Kosher Salt  
273g V-70 Hemp Heart Protein

### Directions:

1. In a mixing bowl, stir together the yeast, honey, oil and water. Let sit for 5 to 10 minutes until the yeast has doubled in size. Add bread flour, V-70 Hemp Heart Protein, and salt to the yeast and water mixture.
2. Sprinkle the counter with flour and transfer the dough to it. Knead the dough for about 10 minutes. The dough should be smooth and supple. Place the dough in a

lightly oiled bowl. Cover with plastic wrap and allow to ferment at room temperature for 90 minutes, or until the dough has doubled in size.

3. Lightly dust the counter with flour or V-70 Hemp Heart Protein and transfer the dough to it. Using your hands, press the dough into a square. Lightly dust the top of the dough with flour and roll the dough into a paper thin sheet. Roll it large enough to fit a 18x13 inch baking sheet. Once the dough reaches the desired thinness, allow it to rest for 5 minutes before transferring it to a greased baking sheet.
4. Heat the oven to 350°. Mist the dough with water or egg wash and sprinkle on your desired toppings. We topped it with Hemp Hearts and Poppyseeds. Make a few slashes in the middle of the dough so it can bake evenly. Bake for 15-20 minutes or until the dough begins to brown evenly across the top. This time will depend on how thinly and evenly your dough is rolled.
5. Allow the crackers to cool on the pan for 10 minutes, then snap apart or into shards and serve. Note: We kept these crackers for three days without any loss in freshness.

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