

FOOD

FREE PRESS TASTE TEST: Nutty taste and healthy, too

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Doctor Kracker's flatbread crackers come in several varieties, including four new ones made with 100% whole-grain spelt. (Kracker Enterprises)

Organic spelt crackers, anyone?

Well, they may not sound terrific -- anything that sounds that healthy usually isn't -- but we loved the nutty, hearty grain flavors and unbelievable crunchiness of Doctor Kracker's new 100% whole-grain spelt crackers. Spelt is an ancient, very nutritious grain with a hearty flavor.

Doctor Kracker has been selling its seed-topped flatbread crackers made with organic grains and seeds for two years, and its products have always been more nutritious than most snacks.

But now the Dallas-based company has reformulated four varieties to use 100% whole-grain spelt and earn the "100% whole grain" label.

Its savory Seedlander and Sunflower Cheese flatbreads are topped with loads of crisp seeds (7-ounce package, \$4).

Its smaller, lightly sweet Muesli Kribbons have seeds and dried fruit, and the Krispy Graham Kribbons are lightly dusted with organic raw sugar and cinnamon (8-ounce container, \$5.50).

Our favorites were the humble-sounding yet delicious grahams. Five have 3 grams of fiber, 4 grams of protein, 3.5 fat grams and 120 calories, equaling two points on a popular diet program. They're widely available at better markets including Whole Foods, as well as many natural food stores. For more information, visit www.drkracker.com.

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