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SHOPPING CART / What the doctor ordered

A new line of crackers is crunching its way onto supermarket shelves, and they have a lot going **for** them. They are made from organic whole grains, with whole wheat, spelt, pumpkin seed and that trio of seeds common to German breakfast rolls -- flax, sunflower and sesame.

In fact, Doctor Kracker flatbreads (7-ounce packages) and Snacker Krackers (8-ounce tubs) are the brain child of a German baker who expanded his enterprise to Texas last year, and they are now available in many health- oriented and upscale markets, including Whole Foods and Andronico's. There are currently six varieties, with more to come. Our favorite is the three-seed Klassic, with the spelt, sunflower and cheddar versions a close second. The new crispy breads sell **for** around \$4-\$6, and they are all they're cracked up to be.

-- Karola Saekel