



Miss the Church?

Easy to cut, no salt, little

Try a lower salt option

Try a no salt option

Try a no salt option

(egg recipe on back)

recipe on back)

Try homemade popcorn, using

Make your own salt-free butter

chopped and toast in the oven

for 5 minutes

Use the egg recipe on the back

If you want very low sodium crackers use
be sure they don't have potassium
chloride

label.

Make your own

Try a no salt option





1/2-1/2 cup olive oil



1/2 cup butter

1/2 cup salted butter

4 cups of milk
1/2 cup of salted butter
1/2 cup of salted butter
1/2 cup of salted butter
1/2 cup of salted butter

1. Preheat oven to 350°F.
2. In a large bowl, combine the butter, olive oil, and salted butter. Mix well.
3. Add the milk and salted butter. Mix well.
4. Bake till edges of crackers are slightly browned, about five minutes.



1-1/4 cup all