

Chicago Tribune

The Doctor is in

Doctor Cracker seed- and grain-rich organic nibbles pleased tasters. They're great alone, but topped with cheese or a nutty spread, they're dynamite. Flavors include three-seed (sunflower, flax, sesame); pumpkin-seed cheese (Cheddar is toasted on the cracker during baking) and Seedlander (spelt flour, pumpkin seeds, whole millet grains and poppy seeds). They're sold as flat breads in 7-ounce packages or smaller "Snacker Crackers" in 8-ounce tubs for \$4.60-\$5 per package at Fox & Obel Food Market, Schaefer's wine shop in Skokie, J. D. Mills Health Foods in Evanston and American Health Foods in Oak Lawn. To order by mail (in cases of 6 packages), visit doctorkracker.com.

