



# Graham Crackers

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 ½ cups	whole wheat flour	875 mL
1 cup	all-purpose flour	250 mL
1 cup	sugar	250 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
½ tsp	cinnamon, ground	2 mL
1 cut	butter, cold and cut into ½ inch cubes	250 mL
4 tbsp	honey	60 mL
4 tbsp	molasses	60 mL
½ cup	water, cold	125 mL
2 tsp	vanilla	10 mL

## Instructions

- Preheat oven to 350°F (180°C).
- In a food processor, mix together the flours, sugar, baking powder, baking soda, salt, and cinnamon.
- Add butter and process until the mixture resembles coarse meal, about 30 seconds.
- Add the honey, molasses, water, and vanilla. Mix until the dough starts to come together in a ball, another 30 seconds.
- Scrape dough out of the mixer.
- Roll dough to 1/8 inch (3 mm) thickness between 2 sheets of waxed or parchment paper.
- Chill for one hour or until firm.
- With a sharp knife or pizza cutter, cut into 2 inch (5 cm) squares.
- Arrange crackers on parchment-lined baking sheets. With a fork or toothpick, prick several holes in each cracker.
- Bake for 15 minutes, until lightly browned at the edges.

*Note:* Nutrition Information on Page 2.

<b>Nutrition Information</b> Serving 25 g
<b>Calories</b> 100
<b>Fat</b> 4 g
Saturated 2.5 g
+ Trans 0 g
<b>Sodium</b> 70 mg
<b>Carbohydrates</b> 15 g
Fibre 1 g
Sugars 7 g
<b>Protein</b> 2 g
Calcium 20 mg
Iron 0.5 mg

<b>Food Guide Servings</b>
½ Grain Product