

Sourdough Graham Crackers

1 tsp. vanilla
1/2 cup granulated sugar or brown sugar
1 stick butter or 1/2 cup coconut oil, melted
1 1/2 cups whole wheat or all-purpose flour
4 – 6 Tbsp. honey
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon or more
3/4 cups sourdough starter

You can also use additional cinnamon and sugar to top the cracker.

Heat oven to 350. Melt butter/coconut oil in sauce pan. Set aside. In a mixing bowl, stir together flour, sugar, baking powder, baking soda, salt and cinnamon. Add the liquids: honey, sourdough, vanilla, butter. Stir well until a nice ball of dough is formed – not crumbly (if too dry add more butter/coconut oil or honey).

Split dough into 2 equal parts. Cut 3 pieces of parchment paper the size of a cookie sheet. Lay one piece on table. Put 1/2 of dough on the paper. Lay a 2nd piece of parchment on top of dough. Squish the dough down a little with your hand. Use a rolling pin to roll the dough between the parchment paper. Roll until the dough until it is about 1/8 in. thick. Remove the top piece of parchment paper and flip onto another lined cookie sheet with parchment paper. Sprinkle with cinnamon and poke holes with fork.

Cut into squares (with pizza cutter). If the dough sticks to the pizza cutter wait until the crackers have been baking 5 – 8 minutes to cut them (pull them out, cut and put them back in). Repeat for other half of dough.

Bake for 12-18 minutes, until the crackers are just barely turning golden. Let cool completely. Store in airtight container or in the freezer.