



## Brown Sugar Grahams

 Vegetarian

READY IN



180 min.

SERVINGS



40

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups flour all-purpose
- 1 cup flour whole wheat
- 1 cup brown sugar packed
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 0.8 cup butter cold cut into pieces
- 0.3 cup honey
- 0.3 cup milk

- 1 teaspoon vanilla
- 0.3 cup granulated sugar
- 2 teaspoons ground cinnamon

## Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- cookie cutter

## Directions

- In large bowl, mix both flours, brown sugar, baking soda and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like fine crumbs.
- In medium bowl, mix honey, milk and vanilla. Gradually add to flour mixture, stirring with fork until dough forms. Divide dough in half; shape each portion into a flattened round. Wrap in plastic wrap; refrigerate 2 hours.
- Heat oven to 350°F. In small bowl, mix granulated sugar and cinnamon. Unwrap dough. On lightly floured surface, roll each portion to 1/4-inch thickness.
- Cut with floured 2 1/2-inch round cookie cutter. On ungreased cookie sheets, place rounds 1 inch apart. If desired, reroll scraps for additional cutouts.
- Sprinkle with cinnamon-sugar.
- Bake 11 to 13 minutes or until edges are set. Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.

## Nutrition Facts



**PROTEIN 4.2%** **FAT 34.82%** **CARBS 60.98%**

## Properties

Glycemic Index:7.26, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:1.7765217606464%

## Nutrients (% of daily need)

Calories: 91.38kcal (4.57%), Fat: 3.63g (5.58%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.78g (5.01%), Sugar: 8.44g (9.38%), Cholesterol: 9.33mg (3.11%), Sodium: 57.97mg (2.52%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.98g (1.97%), Manganese: 0.18mg (8.85%), Selenium: 3.61µg (5.15%), Vitamin B1: 0.05mg (3.53%), Folate: 10.13µg (2.53%), Vitamin B3: 0.44mg (2.2%), Vitamin A: 109.4IU (2.19%), Iron: 0.38mg (2.13%), Fiber: 0.5g (2.02%), Vitamin B2: 0.03mg (1.93%), Phosphorus: 18.71mg (1.87%), Magnesium: 6.02mg (1.5%), Copper: 0.02mg (1.15%), Calcium: 10.35mg (1.03%)