



## Vegan and Gluten-Free Graham Crackers

 **Gluten Free**  **Dairy Free**

READY IN



**37 min.**

SERVINGS



**25**

CALORIES



**80 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup almond flour (not almond meal)
- 2 tablespoons vanilla almond milk
- 5 tablespoons tapioca/arrowroot flour
- 0.5 teaspoon baking soda
- 0.5 cup bulgar wheat raw
- 2 teaspoons cinnamon
- 0.5 teaspoon sea salt fine
- 0.1 teaspoon ginger

- 3 tablespoons grapeseed oil (melt before using)
- 0.5 tablespoon ground flaxseed
- 2 tablespoons maple syrup pure
- 3 tablespoons blackstrap molasses
- 0.1 teaspoon nutmeg
- 1 cup rolled oats gluten-free
- 2 tablespoons sugar (or other granulated sweetener)

## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- cookie cutter
- spatula
- rolling pin
- pizza cutter

## Directions

- Preheat the oven to 350F and line a large baking sheet with parchment paper. In a small bowl, whisk together all the wet ingredients.
- Add the buckwheat groats and rolled oats into a high-speed blender and blend on high until a fine flour forms. In a large bowl, whisk together the dry ingredients.

- Add the wet mixture to the dry mixture and stir well with a spoon until it comes together and there are no dry patches of flour left. Form the dough into 2–3 balls and place one at a time on a lightly floured non-stick mat. Lightly flour a rolling pin (if necessary) and begin rolling out the dough until you have a rectangle that is about 1/8 inch thick. The dough will crack a bit, but this is totally normal.
- Cut the crackers into the shapes of your choice using cookie cutters, a pizza slicer/pastry slicer, or a knife to cut the shapes you want. I used a 2-inch square cutter with a beveled edge.
- Place each piece onto the baking sheet, leaving 1/2-inch between each. Poke a few fork holes into each cracker. Repeat with the remaining dough.
- Bake for 10 minutes and then remove from oven and carefully flip each cracker with a spatula. Rotate the pan and return to the oven for 6–7 minutes longer, until golden. Carefully, transfer crackers to a cooling rack for 15 minutes. Store crackers in a glass jar or container on the counter or wrap up and freeze for later.

## Nutrition Facts



**PROTEIN 7.84%    FAT 40.53%    CARBS 51.63%**

### Properties

Glycemic Index:17.34, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:2.2521739244137%

### Flavonoids

Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

### Nutrients (% of daily need)

Calories: 79.98kcal (4%), Fat: 3.75g (5.77%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.55g (3.47%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 71.34mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Manganese: 0.28mg (13.76%), Fiber: 1.21g (4.83%), Magnesium: 19.21mg (4.8%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (3.25%), Iron: 0.49mg (2.7%), Phosphorus: 26.95mg (2.7%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.36%), Calcium: 20.22mg (2.02%), Potassium: 68.39mg (1.95%), Vitamin B3: 0.31mg (1.53%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.1mg (1.02%)