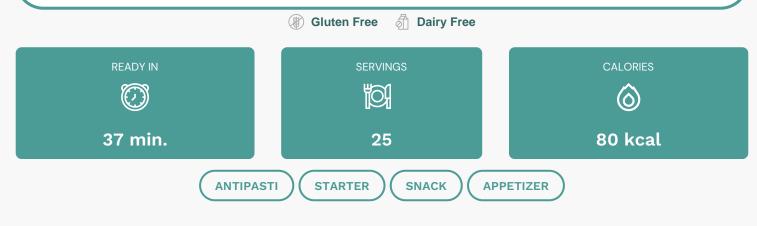


Vegan and Gluten-Free Graham Crackers



Ingredients

U.8 cup almond flour (not almond meal)
2 tablespoons vanilla almond milk
5 tablespoons tapioca/arrowroot flour
O.5 teaspoon baking soda
O.5 cup bulgar wheat raw
2 teaspoons cinnamon
O.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			
Di	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.			

the a li do	d the wet mixture to the dry mixture and stir well with a spoon until it comes together and ere are no dry patches of flour left. Form the dough into 2-3 balls and place one at a time on ghtly floured non-stick mat. Lightly flour a rolling pin (if necessary) and begin rolling out the ugh until you have a rectangle that is about 1/8 inch thick. The dough will crack a bit, but is totally normal.		
	t the crackers into the shapes of your choice using cookie cutters, a pizza slicer/pastry cer, or a knife to cut the shapes you want. I used a 2-inch square cutter with a beveled ge.		
	ce each piece onto the baking sheet, leaving 1/2-inch between each. Poke a few fork holes o each cracker. Repeat with the remaining dough.		
Ro cra	ke for 10 minutes and then remove from oven and carefully flip each cracker with a spatula. Itate the pan and return to the oven for 6-7 minutes longer, until golden. Carefully, transfer ackers to a cooling rack for 15 minutes. Store crackers in a glass jar or container on the unter 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: Omg (0%), Sodium: 71.34mg (3.1%), Alcohol: Og (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%)