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Gluten and Casein Free Graham Crackers

Ingredients:

- 3 cups sorghum flour or light bean flour (such as Navy bean)
- 2 tbsp tapioca or potato flour
- 1 tsp xanthan gum
- 1 ½ tsp sea salt
- 1 rounded tsp cinnamon
- 2 ½ tsp gluten free and aluminum free baking powder
- ¾ cup palm shortening
- ¼ cup honey
- 1 cup brown sugar
- 1 tsp vanilla
- ¼ to ½ cup water

Directions:

1. Preheat oven to 325°.
2. Blend flours, xanthan gum, sea salt, cinnamon, and baking powder together. Set aside.
3. In a large mixing bowl, beat together shortening, honey, brown sugar, and vanilla.
4. Add the dry ingredients alternately with the water, using just enough moisture to hold the batter in a dough ball that will handle easily.
5. Lightly grease two 12" X 15 ½" baking sheets.
6. Using half the dough, work into a ball. Place between two sheets of waxed paper and roll out using a rolling pin. Use additional tapioca flour to prevent sticking.
7. Transfer to a cookie sheet. Repeat with second half of dough.
8. Using a pastry wheel (or a pizza cutter), cut dough into 3" squares. Prick each square 5 times using a fork. Additional sugar and/or cinnamon can be sprinkled on top.
9. Bake for 30 minutes. Remove from pan before completely cooled.

Adapted from: Hagman, Betty. *The Gluten Free Gourmet Cooks Fast and Healthy*. New York: Henry Holt and Co., 1996.