HEALTHY GRAHAM CRACKER RECIPE



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Healthy Graham Crackers. 1 cup + 2 tbsp white, whole wheat, or oat flour; 1/2 tsp cinnamon; 1/4 tsp + 1/8 tsp baking soda; 1/4 tsp + 1/8 tsp salt; 2 to 3 tbsp sucanat or regular sugar; 1/8 tsp uncut stevia OR 2 more tbsp sugar; 1 tsp pure vanilla extract; 2 tbsp pure maple syrup, honey, or agave; 1/4 cup oil (See link for a lower-fat version.

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Healthy Graham Cracker Recipe Sugar Spice and Glitter

Hi Jennifer, I love your recipe for Healthy and Homemade Graham Crackers. I know I will be making these with my grandson, he loves graham crackers and likes helping in the kitchen. So happy you shared it with #fillthecookiejar this month.

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Healthy Graham Cracker Pie Crust The Healthy Dessert Blog

You ll never have to buy a graham cracker crust again. Healthy Graham Cracker Crust. 1 1/2 cups crumbs of Homemade Graham Crackers, or 10 graham cracker sheets; 3 tbsp oil or a butter spread like Earth Balance, or 3 tbsp milk of choice for a low-fat crust; In a food processor, process crackers into fine crumbles.

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Homemade Whole Wheat Graham Crackers Heavenly Homemakers

This Whole Wheat Graham Crackers recipe was originally posted in 2008. My current big 11-year old was a tiny 3-year old back then and I can t stop looking at the pictures in this post. I updated this post to have an easy-to-print recipe option for you. These crackers are crunchy-crispy and taste SO GOOD.

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