

Shopping List

Bulk

Tapioca flour (1c)
Brown rice flour (1/2c)
White rice flour (3/4c)
Cinnamon (1 3/4t)
Xanthan gum (1/2t)
Honey or agave syrup (3T)
Vanilla (1t)

Grocery

Sorghum flour
Organic Corn Starch
Teff flour
Dark Brown sugar (or bulk br.
Sugar)
GF baking powder
Baking soda

Dairy
Butter or margarine (7T)



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Check out our food blog
"Sassy Sampler" at
[www.communityfoodcoop.
wordpress.com](http://www.communityfoodcoop.wordpress.com)

1220 N Forest St.
Bellingham, WA 98225
315 Westerly Rd.
Bellingham, WA 98226

Phone: 360-734-8158
E-mail: melissae@communityfood.coop
www.communityfood.coop

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Gluten Free
Graham Crackers



Adapted from:
www.livingwithout.com

Gluten Free Graham Crackers

Gluten Free Flour Blend

INGREDIENTS

1c Sorghum flour (or chickpea)
1c Tapioca flour
1c OG Corn Starch
1/2c Teff flour
1/2c brown rice flour
3/4c white rice flour

INSTRUCTIONS

Mix ingredients together until well blended. Keep refrigerated until used. Makes about 4 3/4 cups, enough for two batches of graham crackers.

Note: If you don't have Teff flour but have some other grain flour (such as amaranth, millet, quinoa or oat flour) at home, you can use that as a substitution. You can also use Arrowroot powder or potato starch in place of the corn starch.

Graham Crackers

INGREDIENTS

2 1/4 c GF flour blend (see above)
1/2c packed brown sugar
1 3/4t cinnamon
1t GF baking powder
1/2t xanthan gum
1/2t baking soda
1/2t salt
7T butter or margarine, cut into pieces
3T cold water
3T honey (you can also use agave or corn syrup)
1t vanilla

INSTRUCTIONS

1. Mix together GF flour mix, brown sugar, cinnamon, baking powder, xanthan gum, baking soda and salt.
2. Using your fingertips, work butter into dry ingredients.
3. Stir in 3T cold water, honey and vanilla. If dough is too dry, add a little more cold water a teaspoon at a time.

INSTRUCTIONS, Cont.

4. Gather dough into a soft ball. *Cover in plastic wrap and refrigerate for an hour (or overnight).*
 5. Preheat oven to 325 degrees. Lightly grease two cookie sheets or line them with parchment paper.
 6. Divide dough in two (or three) portions. Roll a piece of dough between two pieces of parchment paper or plastic (you can cut a couple gallon size bags along the seams) to about 1/8" thickness, depending on your preference. Cut into 2"x3" pieces and prick lightly with a fork. Repeat with remaining dough.
 7. Place pieces on baking sheet, about 1" apart and bake for 12—18 minutes (until golden brown). Let cookies cool slightly before transferring to a cooling rack (just slide the parchment onto the rack). Depending on how thin you make them, you may need to put a third batch in the oven.
- Tip—if cookies spread in the oven, re-cut while still warm and loosen them.



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Makes about three dozen crackers