

FiveMonstersPaleo

Paleo “Graham” Crackers



Prep time **about 20 minutes**

Cook time **30-36 minutes (10-12 per sheet)**

Yield **about 36 crackers**

Special tools needed **stand mixer, rolling pin, parchment paper or silicone mats, baking sheets**

Notes:

Be sure to taste your sesame seeds before using. If they are very bitter, leave them out.

Toast the sesame seeds and coconut separately. Watch both carefully, stirring frequently to avoid burning. Make sure the coconut is thoroughly golden for best results.

Ingredients

- ½ cup coconut oil
- ½ cup palm shortening
- ½ cup coconut sugar
- ½ cup maple syrup
- 1 ¼ cup cassava flour
- 1 ½ cup almond flour
- ¼ cup golden flax meal
- ¼ cup unsweetened shredded coconut, toasted
- 2 T sesame seeds, toasted
- 1 tsp salt
- 1 tsp baking soda
- 2 tsp cinnamon

Preparation

1. **Preheat the oven to 350 degrees F.**
2. **In the bowl of a stand mixer,** beat together the coconut and palm oils, coconut sugar, and maple syrup till light and creamy.
3. **Meanwhile, in a medium-sized bowl** whisk together the remaining dry ingredients (cassava flour-cinnamon).
4. **With the mixer off,** add about half of the dry ingredients to the sugar mixture, and mix on low speed to incorporate. Scrape down the sides and repeat with remaining dry ingredients, mixing just until the dough comes together.
5. **Turn the dough out** onto a large silicone mat or piece of parchment paper, press

into a large rectangle, and divide into thirds.

6. Working with one third at a time, roll the dough out between two sheets of parchment or silicone mats to about $\frac{1}{8}$ -inch thickness, or approximately a 12" x 16" rectangle. Remove the top piece of parchment and use a pizza cutter cut into 12 pieces. Score each piece several times with a fork.
7. **Transfer the whole sheet of parchment or silicone mat** to a baking sheet and bake the crackers for 10-12 minutes or until darkened slightly around the edges. If the cut-lines and fork holes have filled in, quickly re-cut them. Allow the crackers to cool completely on the parchment. They will crisp up more as they cool.
8. **Repeat with remaining dough.** Carefully break cooled crackers along cut marks and store in an airtight container at room temperature for up to a week, or wrap in plastic and aluminum foil and freeze for up to two months.