Homemade Low-Carb Graham Crackers

Hands-on 15 minutes Overall 1 hour 15 minutes

Nutritional values (per cracker): Total carbs: 2.2 g, Fiber: 1 g, **Net carbs: 1.2 g**, Protein: 2.1 g, Fat: 7.2 g, Calories: 78 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 24 crackers)

2/3 stick unsalted butter, softened (75 g/ 2.7 oz)

1/2 cup + 2 tbsp granulated Swerve (90 g/ 3.2 oz)

2 cups almond flour (200 g/ 7.1 oz)

1 tsp flax meal

2 tsp cinnamon

1 tsp gluten-free baking powder

1 tsp vanilla bean powder

dash of sea salt

1 large egg

1 tsp molasses *(yes, it increases the carbs but only slightly, and I feel that it is essential for that malty flavour)*

Instructions

1. Cream the butter and the Swerve until light and fluffy, approx. 5 minutes. This step is really important, so take your time and don't rush it.
2. Combine almond flour, flaxmeal, salt, baking powder, vanilla and cinnamon in a bowl.
3. Add eggs and molasses to the creamed butter and mix until combined.
4. Add the dry ingredients and mix on low until a dough forms.
5. Cut a piece of silicone paper the size of your baking tray (or two, if your trays are smaller). Place the dough ball on top and cover with a second sheet of silicone paper.cRoll out until the dough is about 5 mm/ 0.2" thick.
6. Score the dough with a knife, cutting it into squares. Prick each square with a fork in a repeating pattern. Place the sheet back on top and freeze for about 30 minutes.
7. Pre-heat the oven to 180 °C/ 355 °F. Remove tray from freezer and bake for 15 minutes. Remove from the oven and switch oven off. Re-cut the lines in the crackers and move them apart on the tray.
8. Return the tray to the cooling oven and leave it there for about 10 minutes. The crackers will crisp up further as they cool.
9. Store in a sealed container for up to 14 days, although they will soften slightly towards the end.

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