

Wheat Crackers

Vegan. Allergens: wheat

Yields about 50 crackers

Ingredients

- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ cup water
- 2 tablespoons olive oil



Instructions

1. Preheat to 450°F. Cover a baking sheet with parchment paper and lightly sprinkle with flour. Set aside.
2. In a medium bowl, whisk together the flour, sugar, and salt.
3. Add the oil and water to the flour mixture. Stir until a soft, sticky dough is formed. If a lot of loose flour remains in the bottom of the bowl and the surface of the dough, add more water a tablespoon at a time until all the flour is incorporated.
4. Place the dough on the prepared baking sheet and shape into a large square. Roll the dough into a rectangle roughly 1/8-inch thick or thinner. If the dough starts to shrink back as you roll it, let it rest, uncovered, for 5 minutes and then continue rolling.
5. Using a pizza cutter or a sharp knife, cut the dough into individual crackers roughly 1-inch by 2-inches. Alternatively, cut the crackers into squares, diamonds, or use cookie cutters. Prick each cracker with the tines of a fork to prevent them from puffing during baking.
6. Bake the crackers in the oven for 12-15 minutes, until the edges are browned. Thinner crackers will bake more quickly than thicker ones; you can remove the crackers as they brown to your liking and continue baking the rest. While the first batch of crackers is baking, roll out and cut the remaining dough.
7. Transfer the baked crackers to a wire rack to cool completely. The crackers will crisp further as they cool.

Other Ideas for Toppings:
dried herbs, chili powder, za'atar seasoning, dukkah, or seeds (sesame, fennel, poppy)

Recipe Source: [The Kitchn](#)

Storage Notes

Store the crackers in an airtight container on the counter for 3-5 days. If crackers are a little old and less-than-crispy, lay them on a baking sheet and put them in a 350°F oven for a few minutes to re-crisp.

Cookie Dough Dip

Vegan (if using vegan chocolate), can be gluten-free. Allergens: Contains nuts, chocolate may contain milk, soy

Ingredients

- 1 ½ cups chickpeas or white beans (1 can, drained and rinsed very well)
- 1/8 teaspoon salt
- just over 1/8 teaspoon baking soda
- 2 teaspoons pure vanilla extract
- ¼ cup nut butter of choice
- Up to ¼ cup nondairy milk, if needed to thin
- ¼ - ½ cup brown sugar, to taste
- 1/3 cup chocolate chips
- 2-3 tablespoons oats or flax meal

Instructions

1. Add all ingredients (except for chocolate chips) to food processor, and process until very smooth. Stir in the chocolate chips and serve with sliced apples or graham crackers.



Serves 4-6

Recipe Source: [Chocolate Covered Katie](#)



Secret Ingredient Brownies

Vegan (if using vegan chocolate). Allergens: Contains nuts, chocolate may contain milk, soy

Ingredients	Instructions	Serves 9
<ul style="list-style-type: none">• 4 cups cauliflower florets• 1 1/2 cups whole grain flour or almond meal• 2 teaspoons baking powder• 1 teaspoon baking soda• ½ teaspoon salt• 2/3 cup cocoa powder• ¼ cup flax meal• ¾ cup sugar or to taste• ¾ mini chocolate chips• 2 tablespoons vanilla extract• 1 cup unsweetened almond milk	<ol style="list-style-type: none">1. Preheat oven to 350°F2. Grease a large cake or pie pan with virgin coconut oil. A 13×9 pan would probably work, or cut the recipe in half and bake it in an 8×8 pan.3. Steam cauliflower until it is almost fork tender, but not fully cooked. You could also use frozen cauliflower, thawed.4. In a food processor, blend almond milk and vanilla, and add cauliflower, about 1 cup at a time. Blend until very smooth and completely combined.5. In a medium bowl, combine dry ingredients – almond meal, baking soda, baking powder, salt, cocoa powder, flax meal, sweetener, and chocolate chips.6. Combine all ingredients and pour into greased pan.7. Bake for 50-60 minutes, or until the brownies don't jiggle when you shake the pan. They may be gooey on the inside, but they are best this way, and there are no raw eggs, so they don't need to be fully cooked. Allow to cool before cutting. Store leftovers in refrigerator.	

Adapted from [Chocolate Covered Katie: Crazy Ingredient Chocolate Cake](#)

Optional Frosting
A simple frosting can be made by combining ¼ cup peanut butter, 4-8 tsp maple syrup, 2 Tbsp cocoa powder, 4 tsp almond milk, and ¾ tsp vanilla

Holiday Paprika Popcorn

Vegan, gluten-free.

Serves 8

Ingredients	Instructions
<ul style="list-style-type: none">• 2 tablespoons canola oil (or other high heat oil)• 1/3 cup popcorn kernels• 2 tablespoons extra virgin olive oil• 1 tablespoon paprika• 2 teaspoons garlic powder• ½ teaspoon salt (or to taste)• 1 teaspoon dried parsley	<ol style="list-style-type: none">1. In a large stock pot, heat the oil and 3-4 kernels of popcorn, covered, over medium heat until all kernels pop.2. Pour in the remaining kernels, cover pot and shake to distribute. Remove pot from heat for 30 seconds. Return pan to heat, shaking pan continuously, leaving the lid slightly ajar for crisper popcorn, if possible. To do this, you can wear two oven mitts (ones that cover your wrists or beyond are best), hold the lid slightly ajar while holding onto the pot handles and shaking the pan as pictured. If you have a lid with a vent, you could just open the vent, or use any other preferred popcorn popping method.3. When popping slows to 2-3 seconds between pops, remove from heat. Pour popcorn into a large bowl, removing any unpopped or partially popped kernels.4. Combine the paprika, garlic powder, and salt.5. Drizzle the olive oil over the popcorn, then sprinkle with the spice mixture. Toss to combine. Add more spices if desired. Garnish with parsley and serve.

