

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## Graham Crackers

1/2 C evaporated milk  
2 tsp lemon or vinegar  
1 C oil  
1/2 C honey  
2 tsp vanilla  
2 eggs  
1 C raw or brown sugar  
6 C whole wheat flour (to one of these Cups add 1 tsp each salt and soda')

### **Mix together:**

evaporated milk, lemon juice.

### **Add:**

oil, honey, vanilla, eggs, sugar.

### **Add all ingredients:**

to flour and mix well. Divide into 4 equal parts. Place on 2 greased and floured 12" x 14" cookie sheets. Roll to edges with bottle or pizza roller to 1/8 inch thick. Bake at 375° for 10 min, or till brown. Cut in squares when first out of oven. Cool.

Ideal for ice cream sandwiches; also for a graham cracker pie crust by crumbling the baked cracker and following any graham cracker pie crust recipe