

Sticky Fingers Cooking®



Kid-Made Crunchy Crackers

By Erin Fletter

Prep Time 20 / **Cook Time** 17 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

Equipment

- Oven
- Baking sheet
- Parchment paper (if not using oil to grease sheet)
- Grater
- Large mixing bowl
- Measuring spoons
- Whisk
- Wooden spoon
- Cutting board
- Wooden skewer or toothpick
- Heat-resistant spatula

Ingredients

Kid-Made Crunchy Crackers

- 6 oz Jack, cheddar, havarti, or provolone cheese **** (for DAIRY ALLERGY sub 2 T nutritional yeast—see allergy subs below for additional ingredients)****
- 3/4 C all-purpose flour + plus a little more for dusting **** (for GLUTEN ALLERGY sub gluten-free/nut-free flour)****
- 1/2 tsp salt
- 2 T cornmeal
- 1/2 tsp garlic powder
- 1/4 C butter, softened **** (for DAIRY ALLERGY sub dairy-free/nut-free butter spread, like Earth Balance, or 3 T nut-free oil, like olive or vegetable)****
- 1 to 4 T cold water
- olive oil for greasing skillet or baking sheet
- 1 T nutritional yeast (to sprinkle on top)

Food Allergen Substitutions

Kid-Made Crunchy Crackers

Dairy: For 6 oz cheese, substitute 2 T nutritional yeast + 1/2 tsp salt + 1/4 tsp baking powder + 2 to 4 T cold water. For 1/4 C butter, substitute 1/4 C dairy-free/nut-free butter spread, like Earth Balance, or 3 T nut-free oil, like olive or vegetable.

Gluten/Wheat: Substitute gluten-free/nut-free flour.

Instructions

Kid-Made Crunchy Crackers

preheat + grate

Preheat your oven to 375 F. Have your kids grate **6 ounces of cheese** and set to the side.

measure + combine

Have your kids measure **3/4 cup flour, 1/2 teaspoon salt, 2 tablespoons cornmeal,** and **1/2 teaspoon garlic powder** in a large mixing bowl and whisk to combine.

measure + stir

Have the kids measure and add **1/4 cup softened butter, 1 to 4 tablespoons cold water**, and the grated cheese to the dry ingredients and stir until the cracker dough forms.

roll + shape

Sprinkle some flour on a cutting board or your clean countertop and roll the dough out to about 1/8 inch thick. Using a kid safe knife, have kids cut the dough into one inch squares or other small shapes. Use the flat end of a wooden skewer or toothpick to poke a small hole in the center of each cracker.

transfer + bake

Carefully transfer the crackers to a lightly oiled or parchment lined baking sheet and lay them out so they do not overlap. You can place them fairly close together; they will puff up, but not spread much. Bake for 15 to 17 minutes or until puffed and edges start to brown.

sprinkle + cool

Sprinkle **1 tablespoon of nutritional yeast** over the tops of the baked crackers. Let them cool completely and then enjoy by themselves or with a spread like Thyme for Olive Tapenade (see recipe).