

Recipe Name	Graham Crackers		Food Groups per Serving	
Serves	50		Vegetables & Fruits	0
Serving Size	30 g/1 each		Grains	1
Total Cost per recipe	\$4.79		Milk & Alternates	0
Total Cost per serving	\$0.10		Meat & Alternates	0
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Margarine	250.00	ml	1.519	0.030
Brown sugar	320.00	ml	0.421	0.008
Water	250.00	ml	0.000	0.000
Graham flour	1375.00	ml	2.793	0.056
Table salt	5.00	ml	0.002	0.000
Baking powder	5.00	ml	0.014	0.000
Cinnamon	2.00	ml	0.037	0.001
1. Measure margarine and sugar into a large bowl-beat until smooth and creamy.				
2. Add the rest of the ingredients to the margarine-sugar mixture and mix well.				
3. Let the mixture sit for 30-45 minutes.				
4. Sprinkle flour on a bread board or table and then roll out the dough about 1/8" thick.				
5. Cut with cookie cutters into squares, circles, or whatever shape you would like.				
Place on an oil-sprayed cookie sheet.				
6. Bake at 350°F (180°C) for 20 minutes or until lightly brown.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	