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Homemade Sourdough Graham Crackers

By **Lisa Bass** Updated Apr 27, 2024

★★★★★ 4.94 from 48 votes

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This homemade sourdough graham cracker recipe brings you right back to your childhood – in the best way. Using discard, brown sugar, honey, and vanilla, these sweet, crunchy little squares are made with real food ingredients.

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You know I love a good sourdough discard recipe, and this is no exception. Graham crackers are such an iconic childhood snack, but I’m not happy with the typical ingredient list of the store-bought version.

So, why not make our own? And add the wholesome goodness of sourdough!

These turned out so perfectly crisp and sweet, and so much better than the boxed crackers we’re familiar with.

The kids just loved them, and I loved that we knew everything that went into their making.

If you find yourself with too much sourdough discard from time to time, recipes like this one come in very handy. I don’t like to discard my “discard”. I like to use it up or save it up.

And if you are just now looking into sourdough, I have detailed instructions on starting and maintaining sourdough starters.

Why You’ll Love This Recipe

Delicious: The perfect snack for kids, these are full of honey flavor and are satisfyingly crisp.

Healthy: Made with real food ingredients and absent of all artificial sweeteners, dyes, or other additives, and they don't have lots of sugar. Plus, you have the nutritious components of whole wheat and sourdough discard.

Easy: These are quick and straightforward, and they make a great baking activity to include the kids in. Recreating a popular snack is so rewarding, especially when you're making it even better! The kids will love to poke the holes at the end.

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extra cost to you. See my full disclosure here.

Tips

- The refrigeration period is important for shaping the dough and achieving the classic, flaky texture. You can resume after 2 hours, or even keep the dough in the fridge for 24 hours for more fermentation and deeper sourdough flavor.
- When rolling out your dough, aim for consistency. Thicker areas might remain soft, while thinner areas baking simultaneously could be extra crisp.

- Keep a close eye on these crackers as they bake. They can quickly go from golden perfection to overbaked because of how thin they are.
- Alternatively, it would be super fun to let the kids get creative with cookie cutters.

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Ingredients

Whole wheat flour – Use your favorite whole wheat flour. I normally use fresh milled hard white wheat flour.

All-purpose – Use your favorite all-purpose flour, too!

Baking soda – This gives the crackers their little bit of puff in the oven.

Salt – I love to use sea salt.

Butter – I use salted butter, plus a small amount of added salt, and love the results.

You can also use unsalted butter.

Light brown sugar – This adds sweetness and a light molasses flavor.

Honey – Honey adds more sweetness and that classic honey flavor.

Vanilla extract – Vanilla adds another dimension of flavor.

Sourdough discard – You can use refrigerated discard or active starter. Either will work.

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Tools you may need:

Stand mixer or hand mixer

Large bowl

Measuring cups and spoons

Baking sheet

Rolling pin

How to Make Sourdough Graham Crackers

Start by combining whole wheat flour and all-purpose flour, baking soda, and salt in a medium mixing bowl. Set aside.

In a larger separate bowl, beat the butter, brown sugar, and honey with a hand mixer until light in color – about one minute.

Add the vanilla and discard to the butter and sugar mixture, stirring until just combined.

Pour your dry ingredients into the wet ingredients, mixing thoroughly. At this point, the dough should have the consistency of cookie dough.

Transfer the dough to a countertop, shape into a disc, and wrap in plastic wrap.

Refrigerate for at least 2 hours, or up to 24 hours.

After refrigerating, preheat the oven to 325 degrees Fahrenheit.

Cut the disc of dough in half and place one of the halves onto a large sheet of parchment paper. Dust the top of the dough lightly with flour, add another piece of parchment paper on top, and use a rolling pin to roll the dough into a rectangle that is 1/4″ thick.

Repeat with the second half of the dough.

Transfer the rolled-out dough with the

parchment paper to a large baking sheet. Remove the top sheets of parchment paper carefully.

With a pizza cutter, trim the edges into clean lines, forming a neat rectangle. Cut the dough into 2″x3″ squares, then poke holes into each square with a toothpick.

Bake for 15-20 minutes until the edges are golden brown. Bake time may vary with the thickness of your particular batch.

Let the crackers cool completely before breaking them apart and serving.

Storage

After completely cooled, store leftover crackers in an airtight container at room temperature for up to 5 days.

FAQ

How are homemade sourdough discard graham crackers different from store-bought?

The big difference is that these homemade crackers boast a sourdough tang and are free of all artificial additives. Compared to store-bought, these are the healthy choice.

What gives graham crackers their classic flavor?

What kind of flour are graham crackers traditionally made with?

What can you eat sourdough graham crackers with?

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Sourdough Graham Crackers

★★★★★ 4.94 from 48 votes

By Lisa Bass

This homemade sourdough graham crackers are sweet and crunchy little squares made with real food ingredients

PREP: **COOK:**

2 hours 10 minutes 20 minutes

SERVINGS: 6

Video

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Equipment

- Stand Mixer

Ingredients

1X 2X 3X

☐ 1 cup whole wheat flour (150 g)

☐ 1 cup all-purpose flour (140 g)

☐ 1 teaspoon baking soda

☐ ½ teaspoon salt

☐ 8 tablespoons salted butter (113 g), softened (not melted)

☐ 1 cup light brown sugar (200 g)

☐ ¼ cup honey (84 g)

☐ 1 teaspoon vanilla extract

☐ ½ cup sourdough discard (142 g)

○ **COOK MODE** Prevent your screen from going dark

Instructions

1. Combine whole wheat flour and all-purpose flour, baking soda, and salt in a medium mixing bowl. Set aside.
2. In a larger separate bowl, or a stand

mixer bowl with a paddle attachment, beat the butter, brown sugar, and honey until light in color – about one minute.

3. Add the vanilla and discard to the butter and sugar mixture, stirring until just combined.
4. Pour your dry ingredients into the wet ingredients, mixing thoroughly. At this point, the dough should have the consistency of cookie dough.
5. Transfer the dough to a countertop, shape into a disc, and wrap in plastic wrap. Refrigerate for at least 2 hours, or up to 24 hours.

⑥ After refrigerating, preheat the oven to 325 degrees Fahrenheit.

⑦ Cut the disc of dough in half and place one of the halves onto a large sheet of parchment paper.

⑧ Dust the top of the dough lightly with flour, add another piece of parchment paper on top, and use a rolling pin to roll the dough into a rectangle that is 1/4" thick.

⑨ Repeat with the second half of the dough.

⑩ Transfer the rolled-out dough with the parchment paper to a large baking sheet. Remove the top sheets of parchment paper carefully.

11. With a pizza cutter, trim the edges into clean lines, forming a neat rectangle. Cut the dough into 2″x3″ squares, then poke holes into each square with a toothpick.
12. Bake for 15-20 minutes until the edges are golden brown. Bake time may vary with the thickness of your particular batch.
13. Let the crackers cool completely before breaking them apart and serving.

Notes

- The refrigeration period is important for shaping the dough and achieving the classic, flaky texture. You can resume after 2 hours, or even keep the dough in the fridge for 24 hours for more fermentation and deeper sourdough flavor.
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of how thin they are.

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Nutrition

Calories: 481 kcal | **Carbohydrates:** 82 g | **Protein:** 6 g | **Fat:** 16 g | **Saturated Fat:** 10 g | **Polyunsaturated Fat:** 1 g | **Monounsaturated Fat:** 4 g | **Trans Fat:** 1 g | **Cholesterol:** 40 mg | **Sodium:** 508 mg | **Potassium:** 157 mg | **Fiber:** 3 g | **Sugar:** 47 g | **Vitamin A:** 468 IU | **Vitamin C:** 0.1 mg | **Calcium:** 46 mg | **Iron:** 2 mg

Nutrition information is automatically calculated, so should only be used as an approximation.

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138 Comments

Gina

Reply

August 16, 2025 at 2:18 pm

These were easy and delicious. Next time I think I will roll them thinner so they are crispier

Raymond Reynoso

Reply

August 16, 2025 at 10:46 am

At what point do you add the sourdough discard? I didn’t see it in the instructions.

Lisa Bass **Reply**

August 18, 2025 at 9:40 am

It’s in step 3. It says to add the vanilla and discard (sourdough discard) into the butter and sugar mixture. 🙂

Jacob **Reply**

August 13, 2025 at 6:21 pm

Hi, just wondering if the macros are per serving or for the whole dish? Thanks

Lisa Bass **Reply**

August 14, 2025 at 2:03 pm

They are per serving!

Cheri **Reply**

August 5, 2025 at 9:19 am

Very best sourdough graham crackers I have tried. Thanks so much for an excellent and easy recipe.

Shannon **Reply**

July 30, 2025 at 1:02 pm

I have made this recipe as written multiple times and love it as is. However, I tried replacing the butter with coconut oil and it produced a lighter more flaky cracker. I think half butter half coconut oil could be the sweet spot but you can’t go wrong with this recipe either way.😋

Sarah M. **Reply**

July 19, 2025 at 2:29 am

Oh my. This has me questioning why I EVER bought these?! WHY DID MY FAMILY BUY THESE? This recipe is HEAVEN!

My only note is that the dough was a tad too firm when I first took it out after two hours, but letting it sit on the counter for about half and hour did the trick!

Trish Mercer

Reply

July 7, 2025 at 11:12 pm

I made this recipe with gluten free flour and a 1/4 tsp of xanthum gum. Perfect! I’m taking these camping next week so I can finally have GF smores again.

Pattie Marek **Reply**

July 7, 2025 at 5:14 pm

When do I add the sour dough discard to the graham cracker dough?

Lisa Bass **Reply**

July 8, 2025 at 8:58 am

It’s listed in step 3! It says add the vanilla

> and discard (sourdough discard).

Hannah **Reply**

July 3, 2025 at 3:08 am

Super GOOD!

Dannielle **Reply**

June 25, 2025 at 11:37 am

Can the dough be used if it has sat in the fridge longer than 24 hours?

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