



## Graham Crackers

The Graham Cracker...just saying that makes me immediately think of S'mores!

These little crackers, however, were originally intended for a much different purpose.

Presbyterian minister Sylvester Graham came up with the Graham cracker, or biscuit, in 1829 as part of his vegetarian diet. It was a whole wheat cracker that is unsweetened or only lightly sweetened. You see, the Reverend Graham thought that unhealthy carnal desires caused a whole host of maladies. He believed that sexual urges came from eating too many sweet biscuits and rich foods. The remedy for suppressing sexual desires was a bland diet.

I have made Alton Brown's Graham Crackers because they are barely sweetened with a little brown sugar and molasses, which are more likely what would have been used in 1829 to lightly sweeten these biscuits.

Here is the link:

<http://www.foodnetwork.com/recipes/alton-brown/graham-crackers-recipe.html>