

Graham Cracker Toffee

By: Becca Greenstein and Sarah Carter (Spring 2011)

Recipe

2 sticks unsalted butter
1 c dark brown sugar
Nabisco Honey Maid honey graham crackers
12 ounces (2 cups) semi sweet chocolate chips

*Line a cookie sheet that has sides with foil. Arrange graham crackers to cover the whole area (break crackers to fit if necessary).

*Melt butter in saucepan. Add brown sugar and stir until sugar dissolves. Be patient and keep stirring until it's really incorporated, then simmer for 2 minutes.

*Pour mixture over grahams and spread it evenly. Bake at 400 degrees for about 6 minutes. Observe closely so it doesn't burn – it will get bubbly.

*Remove from oven and spread choc chips on top and return to oven for 1 ½ to 2 minutes until chocolate is melty. Remove from oven and spread melted chocolate evenly over top. Place in freezer for 20 minutes. Break into pieces and store in air tight container.

Origins and History of Graham Flour

Wheat plants have been cultivated since 9000 BCE, starting in the Fertile Crescent Region of the Middle East. It was one of the first plants that could easily be grown on a large scale, and it could also keep for a while, making it a viable food source. Graham flour is a whole wheat flour. It was named for the Reverend Sylvester Graham (1794-1851) who invented it in 1829 and advocated for healthier foods than white flour. He believed that bran was a solution to many health problems, and followers of his radical ideas were known as "Grahamites." He championed a vegetarian lifestyle. This, along with his no tobacco and alcohol policy, caused butchers, tobacco companies, and brewers to protest against his ideas, and riots occurred before his speeches. In graham flour, unlike in whole wheat flour, the endosperm is ground to create white flour and the bran and germ are ground roughly. The two parts are then combined back together into a rough-textured flour that keeps well and is good for baking.



www.waldeneffect.org

Description of Plant Parts

Wheat is made up of 83% endosperm, 14.5% bran, and 2.5% germ by mass. These three components all form the kernel, sometimes called the wheat berry, which is the seed the plants originates from. The kernel is ground to make flour: the bran is the protective outer cover of the seed, the germ is the embryo that the plant will sprout from, and the endosperm is the food source for the growing embryo, and is the largest part of the seed.



www.wheatfoods.org

Nutritional Highlights

A recommended serving size of graham flour is ¼ cup, which contains 115 calories, 1g fat, 21 g carbohydrates, 3 g dietary fiber, 5 g protein, and 6% DV of iron. Each graham cracker contains 130 calories, 3 g fat, 24 g carbohydrates, 1 g dietary fiber, 2 g protein, and 6% DV iron. Graham crackers do contain both wheat flour and graham flour, so we don't know exactly how much graham flour is in one cracker.