

## Making S'mores

Making s'mores is a summertime classic. A s'more is a sweet treat consisting of toasted marshmallow and chocolate sandwiched between two pieces of graham cracker. S'more is a contraction of the phrase "some more". S'mores are popular in the United States and traditionally cooked over a campfire.

Never tried them? Then S'mores Day is the perfect day to get started. Even for those who have tried them, there is no reason to pass up the opportunity to enjoy them again!

The first official recipe for a s'more came out in the 1927 Girl Scout guidebook, *Tramping and Trailing with the Girl Scouts*. While the book was meant to advise on being a good Girl Scout, its lasting legacy was the "Some More." Intended initially to feed eight hungry scouts, the recipe, which was later credited to a troop leader named Loretta Scott Crew, calls for 16 graham crackers, eight bars of plain chocolate, and 16 marshmallows. Next, it says to toast the marshmallows to a "crispy, gooey state." Then, put the marshmallow on top of a chocolate bar, and in between two graham crackers, and voilà, you got a "Some More." It's unclear when the name was shortened to simply "s'more," but various Girl Scout publications referred to the treat as "Some More" until at least 1971.

Make s'mores at home. While they are a campfire classic, you don't need an open flame to make s'mores. You have three options: the grill, a campfire, or the air fryer. If you're craving the dessert without an open flame, the air fryer is your best option for some seriously delicious s'mores. Place the graham cracker with a halved marshmallow in the air fryer, then cook until golden before topping with chocolate and the other graham cracker. In addition, marshmallows can be toasted in the oven. You can also build your s'more with a non-toasted marshmallow and then microwave it.

Although s'mores are delicious on their own, it's also possible to get creative using different ingredients. Usually, the basic recipe stays the same with something extra special added. Try these unique ideas:

**Peanut Butter S'mores:** Just smear a layer of peanut butter on the graham cracker prior to making up the treat.

**Banana S'mores:** When building the treat, add fruit to the mix by placing banana slices on the graham crackers.

**Peanut Butter Cup S'mores:** Up it another level using Peanut Butter Cups as a substitute for the chocolate bar.

**Chocolate Chip Cookie S'mores:** Instead of graham crackers, try using chocolate chip cookies as the base of this yummy snack.

The different types of s'mores you can make are endless. Try adding just a few different ingredients to the mix. From using different types of graham crackers, to other cookies, to

different chocolates, candy bars, and fillings in the middle, and even a variety of marshmallows can be used as well.

- White chocolate
- Dark chocolate
- Nestle's Crunch or other chocolate bar
- A candy bar, such as a Snicker's, Milky Way, or a Twix
- Hazelnut spread
- Raspberry jam
- Tahini
- Nut butter
- Salted caramel
- Candied bacon
- Toasted coconut

It doesn't get much more simple and classic than s'mores: three basic ingredients working together to make something much more delicious than the sum of its parts!

For those who are not planning on going to be camping anytime soon, however, there's no reason not to make some s'mores in the comfort of home. It might even be fun to roast the marshmallows over the flames of your gas stove or a candle, if all else fails and you want fire-roasted marshmallows! So enjoy and have s'more!

(Sources: [en.wikipedia.org](http://en.wikipedia.org); [www.foodandwine.com](http://www.foodandwine.com))