

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Warrior Project Offers Healthier S'mores Recipes to Celebrate #NationalSmoresDay
JACKSONVILLE, Fla., Aug. 10, 2017 /[PRNewswire-USNewswire](#)/ -- Aug. 10 is National S'mores Day, a day to celebrate one of summer's iconic foods. The Physical Health and Wellness staff at [Wounded Warrior Project](#)® (WWP) encourage warriors to eat healthily, but this does not always mean missing out on delicious celebrations. [Physical Health and Wellness](#) Director James Herrera compiled a list of recipes and a guide to making a healthier version of one of America's favorite treats.

The history of s'mores dates back to the early 1920s to a recipe published in a Boy and Girl Scouts cookbook. But marshmallows date back to ancient Egypt and were used for medicinal purposes. Today, s'mores are known as a "healthier" dessert thanks to marshmallows containing no fat. Like many desserts, s'mores can be as healthy or unhealthy as you want them to be. With a few additions and substitutions, you can have a great-tasting snack you can feel good about.

Gluten-free and Vegan Almond "Graham Crackers"

Although these crackers are gluten-free and vegan, they do not compromise on flavor. Warm nuttiness from the bitter almond flour balances well with natural sweetness from honey. And with only five ingredients, they cook up in a snap.

Homemade Marshmallows

Mixing in dried fruit powders give marshmallows flavor while adding vitamins and minerals from the fruit. As an added bonus, homemade marshmallows do not contain preservatives like many store-bought brands.

Protein-Packed Peanut Butter Chocolate Coating

Substituting dark chocolate in place of milk chocolate boosts the vitamin and mineral count in your decadent treat. Dark chocolate has a significantly higher iron count, along with fewer carbs and less sugar. For an added boost, swirl peanut butter and dark chocolate with a scoop of protein powder for a tasty treat that will help curb hunger.

Using Toppings to Add Crunch & Health Benefits

Nuts and fruits add a delicious crunch and even more health benefits. Pistachios and almonds contain good fats that help lower bad cholesterol. Both have fewer calories than other nuts.

Keep these tips in mind when building your own s'mores, and feel good about indulging. After all, National S'mores Day only comes once a year. To see the full recipes, visit <https://newsroom.woundedwarriorproject.org/national-smores-day>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-08-10-Wounded-Warrior-Project-Offers-Healthier-Smores-Recipes-to-Celebrate-NationalSmoesDay>