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Helpings
GOTTA TRY IT

My co-workers scoffed when a box labeled "Dangerously Delicious" arrived at my desk and turned out to be whole-grain spelt crackers. But I found myself eating way more of these healthful crackers than I thought I would. In fact, I quickly ate quite a few plain, and later took the rest home to try with cheese. I think it's the seeds that make Doctor Kracker's flatbread so addictive. And the crackers are good for you, with 100 percent whole grain. Find them at Susan's Natural World in Anderson Township and Hyde Park Gourmet Foods, or online at www.drkracker.com. About \$4 a pack.

Polly Campbell

