

Olde Colony Bakery's 'Original Charleston Benne Wafers'

Olde Colony Bakery is the oldest family-operated bakery in the historic Charleston area. Since the **late 1940's**, we have taken great pride in sharing the rich Southern heritage and unique Lowcountry specialties with visitors and locals. Among the favorites are the Original Charleston Benne Wafers, Benne Cheese Zingers, Pecan Pinchies, Carolina Key Lime Cookies, Cream Bread, and Cinnamon Raisin Bread. We also take pride in the way we make our products – no preservatives, no chemicals, no hydrogenated oils, trans fat free, just delicious cookies made the natural way! The Rix family has owned the business since 1990. Our bakery relocated from historic King St. to a larger facility in neighboring Mount Pleasant in 2000.



All specialty items continue to be made and packed the old fashioned way...by hand.

History of the Benne Wafer

Unique to the Lowcountry since Colonial times, Benne (the Bantu-word for sesame) was brought from East Africa (Madagascar) through West Africa, and over to the southern United States by the enslaved Africans. It was planted extensively throughout the South. Other foods brought from Africa in the 17th and 18th century include peanuts, sweet potatoes, okra, black-eyed peas and collard greens.

Sesame is a versatile seed that can be used in many of the same ways as nuts. The seed has a nutty, sweet aroma with a milk-like, buttery taste. When toasted, its flavor intensifies, yielding an almost almond- or peanut butter-like flavor. Rich in calcium, vitamins B and E, iron, and zinc, sesame is high in protein and contains no cholesterol. It is a key ingredient in a variety of world cuisines, especially Asian, Middle Eastern and Mediterranean, but in America we commonly see it topping our sandwich and hamburger buns.

Many Southern recipes call for sesame seed, but none is so loved as the original Benne Wafer, a Charleston favorite only available from Olde Colony Bakery. The Benne Wafer is a thin cookie, made with tasty toasted sesame. Our Benne Wafer recipe dates back well over 100 years and is said to be the only original Benne Wafer recipe still baked today.

Olde Colony Bakery has been selling Benne Wafers since 1940 and think they perfectly represent the fine taste and heritage of the Charleston, South Carolina area. The Bantu believe eating these cookies bring good luck, and so do we!



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