

LeArta Moulton, author of the Amazing Wheat Book, describes her innovative cooking techniques and creative recipes for preparing wheat and other wholesome foods that rival fast-foods for taste and speed, but win in nutrition! Enjoy nutritious, popular main dishes, breakfasts and great snacks at one fourth the cost of commercially prepared foods.

THE AMAZING WHEAT BOOK

by LeArta Moulton



A must if you are storing wheat! Hundreds of fast, delicious easy recipes. Techniques for making bagels, pocket bread and perfect whole wheat breads with all the popular flavors of the day and in half the time, plus other wheat firsts, ie: chips (like potato chips), crackers, and trail mixes. You will love LeArta's newest creative recipe, a basic bran batter that does it all! Use it to make muffins, cakes and cookies with recipes for making over 50 flavor variations plus pancakes and waffles. This great tasting batter can keep fresh, in the fridge, for over 6 weeks. A great way to get your children to cook...it's so easy, so fast and so good for them. They will also love the good-for-you desserts, candies, treats and snacks.

Find the instructions on how to sprout and make wheat grass for optimum health. Techniques and recipes to steam, pop, crack and cook the wheat kernel, plus methods for cooking wheat with very little heat. The only up-to-date guide on the market today for making and cooking with wheat meat...spicy sausage, tender chicken fried steaks, jerky, tasty wheat balls and great non-mushy veggie burgers. Perfect for replacing meat in spaghetti, Mexi-dishes, chili, sauces and in any recipe calling for cooked hamburger. It's easy and only 1/4th the cost of meat.

One whole section on seasoning with herbs and spices. Now you can save time, money and your health...without chemicals and preservatives. Enjoy over 130 formulas for popular mixes in dressings, vinegars, dips, sauces, soups and seasonings for wheat meat. Learn how to incorporate herbs and spices with any foods and to make your own flavorful blends (i.e: spaghetti, taco, chili, sausage, chicken, ranch dressing, seasoning salts, etc.)

How to make your own yeast start with whole wheat flour and water, sour dough recipes, Dutch Oven cooking and information on the importance of using wheat. Benefit from the healthy substitution and replacement lists. Let the measurements and weights lists help speed up your cooking time. Enjoy the refreshing guilt-free smoothies and ice creams. We must not forget our wholesome pet cuisine along with nutritious pet biscuits. Just about everything you can do with wheat and other natural, wholesome ingredients is in this book.

A note from the author:

Rotating your storage food is the key to maintaining a long-term food storage program. This book can give you the confidence to start using your stored wheat now so you can enjoy better health and the peace that comes by being prepared for any unforeseen crisis, whether it is a unemployment situation or a national disaster. Do what you can and the Lord will bless you to meet these needs . If you have enough to store extra, the opportunity will come when you can help those less fortunate than you.

God bless.

LeArta Moulton

| BASIC LONG TERM FOOD STORAGE PLAN FOR ONE YEAR | | | | | | | | | | | |
|---|--|------------|-------------|-------------|-------------|---------------|------------|------------|------------|------------|--|
| Primary Priority | | | | | | | | | | | |
| FOOD STORAGE ITEM | Quantity in lbs. required for each family member | | | | | | | | | | Total amount need- ed for family (goal) |
| | Adults | | Children | | | | Teenagers | | | | |
| | Male | Fem. | 1-3 yrs. | 4-6 yrs. | 7-9 yrs. | 10-12 yrs. | 13-15 yrs. | | 16-20 yrs. | | |
| | | | | | | | Girl | Boy | Girl | Boy | |
| Water (gallons) | 1 gal. per day per person (2 weeks supply) | | | | | | 14 | 14 | 14 | 14 | |
| Combined Grains | 300 | 200 | 70 | 100 | 160 | 210 | 220 | 280 | 200 | 335 | |
| Sprouting Seeds | 60 | 60 | 30 | 30 | 30 | 40 | 50 | 60 | 50 | 60 | |
| Legumes | 35 | 30 | 15 | 20 | 30 | 35 | 35 | 45 | 35 | 55 | |
| Honey | 30 | 20 | 15 | 20 | 25 | 30 | 30 | 40 | 30 | 50 | |
| Salt | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | |
| Non Instant dried milk | 55 | 45 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | |
| Oils, Fats, | 30 | 25 | 25 | 20 | 20 | 30 | 30 | 40 | 20 | 45 | |
| Vit. Supplement | Be sure your choice has live enzymes included (use according to directions) | | | | | | | | | | |
| Protein Source | Acquire info on how to combine the above foods for complete protein | | | | | | | | | | |
| Soul Foods | Foods that give a psychological lift; nuts, candy, dried foods, peanut butter, etc. | | | | | | | | | | |

* Be sure to set goals for first aid, paper products, personal hygiene items, and spices.

Additional Tips:

It is estimated that the following amounts are needed to provide about 2,300 calories daily for one person mper year which fills the needs of an average adult; however, recent updates recommend less milk and more grains.

- 300** lbs. of grains, rice, corn or oats
- 60** lbs. Honey or desired sweetener
- 75** lbs. Powdered milk
- 20** lbs. Oil
- 5** lbs. Salt

A storage plan should provide at least these basic ingredients in some form or other, or suitable substitutes. Grains, legumes, sprouting seeds, honey, salt oil, milk (nonfat dry) and water would keep a body running through a lean or emergency period. In addition, include about one pound of yeast and one pound of baking powder per person.

As you decide how much to store, allow for differences in requirements for size, age, sex and other factors effecting the calorie requirements. For example, a 2 hear old may require about half of the 2,300 calories mentioned in the sample above. A 20 year old male could require from a third to a half more than the amount listed (about 2,300 calories). For each member in the family prepare a 72-Hour Kit. Use a backpack or duffle bag containing a 3-day supply of things to use it you were away from home. Food, water, a change of clothing, small 1 st aid kit, (and medications), blanket, personal supplies, matches, candle, flashlight, money, scriptures and personal documents. Where possible, store a year's supply for heat and light, at least \$20 for each person's 72-hour kit in small denominations and coins, plus save a month's salary in a safe place.

Have an Emergency Response Plan!

What would you do if your family was separated by a disaster?

Where would you meet? Develop a plan that would work under any emergency circumstances. A battery-operated radio would be very essential if the power is out for a long period of time. Keep spare batteries on hand and keep them fresh by noting on your calendar to upgrade at least twice a year. Spend a day or two witho8ut turning on the electricity. This gives you great insight to what your needs would be in this situation! Prepare and you will not fear.