

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Coconut Crisps

1 C shredded coconut
1/2 C whole wheat flour
1/2 tsp salt
1/4 C unbleached flour
water (Adding enough to make a firm dough)

Roll very thin, cut into wafers and bake in moderate oven, at 350° until lightly brown.

Yield:
approximately 2 dozen.