

Wholesome Recipes

from the **Amazing Wheat Book**

by *LeArta Moulton*



Basic Candies:

COCONUT MACAROON BITS

Basic Recipe

- ¼ C honey
- 1 T butter
- ½ C non-instant powdered milk
- ¾ C fine shredded coconut (unsweetened)
- 2 teaspoon coconut flavoring

Heat honey and butter together till smooth and creamy. Add the dry milk powder and mix in till smooth and creamy. Then add enough coconut to make a very stiff roll. Cut into 1 inch slices. Place each piece on a cookie sheet and slightly press with thumb to make it even on top. Brown both sides under a broiler (watching closely, as it starts browning in 1-3 min.) Note: this treat is also good without broiling.

Variations:

1. High Protein Coconut bits
 - ¼ C honey
 - 1 T butter
 - 2/3 C chocolate or vanilla protein powder
 - 2 T baking cocoa powder (or carob powder)
 - ¼ C non-instant milk powder
2. Honey Chocolate Chewies
 - ¼ C honey
 - 1 T butter
 - 1/3 C lecithin granules
 - ¼ C non- instant milk powder
 - 1 C coconut
 - 1/8 C roasted nuts
 - 1 ½ tsp Coconut flavoring

DRIED FRUIT CANDIES

A basic combination for a delicious treat:
1 part figs to 2 parts dates and raisins.
Grind the dried fruits in a food processor or hand food grinder,
Add anything else to it, i.e. nuts, coconut,
Flax seed or anything else that would be good
for your children, but they do not want to take.
It usually works.

See the Amazing Wheat Book for additional natural sweets and treats.

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HONEY SESAME BALLS

1 C brown roasted sesame seeds
4 T honey
¼ tsp salt

Mix ingredients. Roll out and cut into squares or roll into balls. Let cool.

*To roast sesame seeds: In a heavy skillet, shake and stir sesame seeds over medium-low heat until lightly browned and let cool about 5 minutes.

Variations:

Coconut delights

Add to sesame seeds, honey, and salt

3 T lecithin or milk powder

½ C coconut

1 tsp coconut flavoring (optional)

Peanut butter Sesame

Add to sesame seeds, honey and salt

¼ C peanut butter

3 T protein powder

Crunchy Chocolate Sesame balls

Add to sesame seeds, honey and salt

3 T chocolate protein powder

3 T baking cocoa

1 tsp vanilla flavoring