

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Healthy Replacements

BAKING POWDER – for health considerations, avoid baking powders that contain aluminum compounds. The "Rumford Baking Powder" brand is excellent.

DIPPING OR CHUNK CAROB – The same as dipping chocolate, but made from the carob bean, a healthy alternative which does NOT contain caffeine. Can be found at health stores, candy shops and many grocery stores.

EGG – Mix 2 C hot water and 4 T flax seed together and soak for 10 minutes. Liquefy in blender, for only 3 seconds (just enough to break the seeds open). Use 1 T of the blended mix in place of 1 egg. Use in Sauces, dressings and baking. (strain if seed particles are not wanted).

MALT – (from wheat). Sprout 1 cup wheat. Dry the sprouts thoroughly and grind to a powder. Some bakers say that the use of this malt to feed the yeast makes the difference between good bread and great bread. Add to any bread recipe at the amount of 1/4 tsp for each loaf of bread. It can also be used in place of honey or sugar.

SALT – "Real" Salt, a natural mineral rock salt deposit found deep in the earth contains many minerals and trace minerals.
(American Orsa Inc., 75 No. State, Redmond, UT 84652)

Note: Sea Salt may not be free from ocean pollutions, heat processing and added chemicals. Read the label for mineral analysis and processing information. Avoid iodized or white table salt.