

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Sprouted Wheat Crackers

This recipe comes from the Dead Sea Scrolls.

2 C sprouted wheat (about 1/4 inch long sprouts)

Preparation and Flavoring:

Grind with meat grinder or food chopper; liquefy in blender or pound with tamper on hollowed out log or rock.

Wheat, when it is sprouted, takes on a slightly sweet flavor (it becomes quite strong, the older the sprouts get). The mashed wheat can be flavored to make a sweet cracker by adding honey, brown sugar, or any sweetener.

Sprinkle with cinnamon or a savory cracker can be made by adding onion, garlic or other herb salts.

Spread mashed mixture about 1/8 inch thick on well greased Teflon cookie sheet and bake in 300° oven for about 2 hrs or spread out on rock or flat wood surface in the hot sun until crunchy, about 2 to 3 hours.

Other Suggested Uses:

- Addition to bread dough (ground fine)
- A filling for egg omelets
- Warmed in butter and seasoning
- Ground with dried fruits such as raisins, dates, figs, apricots, etc., formed into balls and rolled in unsweetened coconut. Nuts can be added; also grated orange rind with a little juice to hold the balls together.