

# Wholesome Recipes

from the **Amazing Wheat Book**

by LeArta Moulton

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## Wheat Chips

**Similar to potato chips and made from whole wheat**

1 C whole wheat flour  
2 C water  
Seasoning

**Mix together and season to taste with one of the following:**

- 1/2 tsp each onion and garlic salt
- 1 tsp salt or vegetable salt substitute
- 3-4 T parmesan cheese
- 1 T of any seasoning in book such as taco, barbecue, onion etc.

Stir ingredients together. Pour mixture into squirt bottle, as shown in the *Quick Wholesome Foods video*, and squirt onto non-stick sprayed cookie sheet in potato chip shapes. Sprinkle with toasted sesame seeds if desired.

Bake at 350° for 10-15 minutes or until crisp. Check occasionally and turn chips over if middle is not cooking as fast as the outside.

**Note:** *the thinner the batter, the more crisp the chips.*

**For cold cereal flakes:** season batter only with salt to taste and a little sweetening if desired. Bake as above for Wheat Chips.