

THE SPELT COOKBOOK

The story of spelt goes back over 4,000 years. But only recently has this marvelous little grain's unique nutlike taste been rediscovered. Why is spelt so special? First, spelt's versatility makes it a perfect ingredient for breads, cakes, cereals, side dishes, and much much more. Second, spelt provides the gluten-intolerant person with a delicious, nutrient-rich alternative to wheat.

In *The Spelt Cookbook*, Helga Hughes has created an exciting collection of kitchen-tested recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients. The result is over 175 easy-to-prepare dishes that are sure to delight everyone, from the most demanding gourmet to the most health-conscious vegetarian.

The author first introduces you to the many different spelt products, including spelt flour, spelt bulgur, ready-to-make spelt pasta, spelt cereal, and other products that will make it so easy to add spelt to your diet. The recipes then begin with nutritious breakfast and brunch dishes—from Old World Butterrolls, Waffles to Hazelnut Granola. Following this is a tempting selection of soups and stews—from White Bean Chili with Ethos, to Hearty Spelt and Vegetable Soup. Other chapters present recipes for salads, meat and quick breads, sandwiches, saucers, chicken, seafood, vegetarian, and vegan entrees, pastas, side dishes, and desserts—all made flavorful and healthy with the goodness of spelt.

Rediscover the wonderful taste of spelt for yourself. Whether you are looking for a change of pace or you choose to use spelt as a wheat alternative, *The Spelt Cookbook* is the only guide you'll need to the delicious world of spelt cooking.

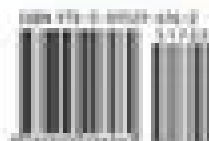
ABOUT THE AUTHOR

Helga Hughes is a successful physical education teacher, pilot, chef, and author. Helga was educated at the Marquette College in Froedshorn, Bavaria, where she first experienced the joys of traditional spelt cooking. After moving to the United States in 1961, Helga taught at health spas and was the wellness director at a major Arizona retirement community. She was the founder of the popular Women's program of personal exercise, and author of *The Complete Personal Water Workout Book*. In addition, Helga's cooking articles have appeared in numerous national newspapers and magazines. Helga is also the author of several cookbooks.



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COOKING WITH NATURE'S GRAIN FOR LIFE



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