

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

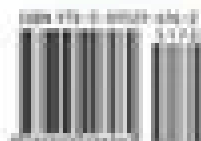
Helga Hughes is a successful physical education teacher, pilot, chef, and author. Helga was educated at the Marquette College in Froedshorn, Bavaria, where she first experienced the joys of traditional spelt cooking. After moving to the United States in 1961, Helga taught at health spas and was the wellness 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



HELGA HUGHES

Spelt Cookbook Cooking With Natures Grain For Life

Arturo Cuomo



Spelt Cookbook Cooking With Natures Grain For Life:

The Top Books of the Year Spelt Cookbook Cooking With Natures Grain For Life The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. Spelt Cookbook Cooking With Natures Grain For Life : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Spelt Cookbook Cooking With Natures Grain For Life : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Spelt Cookbook Cooking With Natures Grain For Life : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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