

# THE SPELT COOKBOOK

The story of spelt goes back over 5,000 years, but only recently has this ancient 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 sensitive 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 more 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 the World Famous Spelt Muffins to Flaxseed Granola. Following this is a complete section of soups and stews—from White Bean Chili with Olives, to Lenten Soup and Vegetable Soup. Other chapters present recipes for salads, rice and quinoa bowls, sandwiches, casseroles, 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.

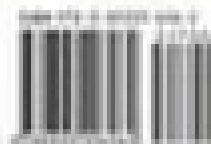
## ABOUT THE AUTHOR

Helga Hughes is a successful physical education teacher, pilot, chef, and author. Helga was educated at the Macomber College in Froedshaus, Germany, where she first experienced the joys of traditional spelt cooking. After moving to the United States in 1981, Helga taught at health spas and was the athletic director at a major fitness retirement community. She was the founder of the popular Macomber program of personal fitness, and author of the *Complete Personal Fitness Workbook*. 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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THE SPELT COOKBOOK

# THE SPELT COOKBOOK

COOKING WITH NATURE'S GRAIN FOR LIFE



HELGA HUGHES

# Spelt Cookbook Cooking With Natures Grain For Life

**Dee McCaffrey**



## **Spelt Cookbook Cooking With Natures Grain For Life:**

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