

The Spelt Cookbook: Cooking With Nature's Grain For Life By Helga Hughes

By Helga Hughes

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<http://allrecipes.com/recipes/ingredients/whole-grains/spelt/>

Good Grains: What Is Spelt? | The Kitchn -

How do you cook spelt berries? If you want the spelt berries very soft, like steamed rice, add 3 cups of water or stock to 1 cup of spelt, cover and simmer for 1

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Information on Spelt Flour | Jonathan Spencer -

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<http://www.jonathanspencer.net/ordinarywisdom/2007/10/information-on-spelt-flour/>

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<http://www.greatbritishspeltrecipes.com/>

My story: Byllye Davidson discovered spelt and -

Nature's Legacy for Life VITA-SPELT SHOP. Pastas; Flours; Pretzels; Beans, Grains and Seeds; Cookbooks; WHERE TO BUY; Cooking with Nature's Grain for

<http://natureslegacyforlife.com/readers-story-bylye-davidson-discovered-spelt-and-said-goodbye-to-gluten-intolerance/>

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Baking with Whole Grains: Spelt Flour Ingredient -

Kim Boyce of Good to the Grain (and the best laugh ever) says that if you're new to whole-grain flours and have to pick just one, go with spelt flour.

<http://www.thekitchn.com/baking-with-whole-grains-spelt-flouringredient-spotlight-166899>

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<http://www.readbag.com/cru-cahe-wsu-cepublications-eb1977-eb1977>

Spelt Cookbook - Sharpham Park -

New Spelt Cookbook "A delicious collection of recipes from the champion of spelt." Mark Hix . Roger Saul, champion of British spelt, has penned a sensational cookery

<http://www.sharphampark.com/sharpham-park/spelt-cookbook>

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