

## **Kamut** (Grains and Seeds)

**Interesting facts:** Kamut is a relative of modern hybridized wheat, one of the so-called “ancient grains” that are popular these days. Ironically, Kamut isn’t ancient at all; it’s the trademarked brand of a private company. Although the developers once claimed that Kamut® was cultivated from ancient grains recovered from an Egyptian tomb; they’ve since back-pedaled on this story and now say that it is simply a modern descendant of an ancient Egyptian grain. The Kamut grain is quite a bit larger than the more widely used types of wheat, with a golden color and sweeter, nuttier taste. In fact, kamut contains about 15 times more sugar than wheat!

**How to prepare and cook:** Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

Use 1 cup of grain and 3 cups of water or broth. Cook for 2 hours. Yields 2  $\frac{3}{4}$  cups.

**Gluten** - We strongly recommend eliminating gluten grains from your diet. Studies now show that gluten is harmful to nearly everyone. Gluten causes intestinal inflammation in at least 80% of the population and is strongly associated with multiple brain disorders. And, it is highly addictive to many people. Gluten sensitivity is increasing dramatically worldwide.