

## **Spelt** (Grain and Seeds)

**Interesting facts:** Spelt contains gluten but it is slightly different from that of wheat and considerably more digestible. Spelt is therefore unsuitable for gluten-free diets but can be consumed by those who suffer from wheat intolerance.

**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 to 4 cups of water or broth. Cook for 40 to 50 minutes. Yields 2 ½ 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.