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The Spelt Cookbook: Cooking with Nature's Grain for Life

Helga Hughes

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The story of spelt goes back over 9,000 years, but only recently has this marvelous little grain’s unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes—and it is a gluten-free, nutrient-rich alternative to wheat.
In ***The Spelt Cookbook***, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old-World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola.
Whether you are looking for a wheat alternative, or simply want to mix up your mealtime routine, ***The Spelt Cookbook*** is the only guide you’ll need to the delicious world of spelt cookery.

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Andrew Fox:

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