SPELT

At Grandma's Pantry, we enjoy talking with our customers and learning from their experiences with our products. Recently, one of our customers shared with us her favorite recipe for a bread made with spelt flour.

Spelt flour was originally grown in the land that is now Iran. It has been grown in Europe for over 300 years and in America for just over 100 years. Spelt has become a popular grain today because it has a sweet nutty flavor and is high in protein and nutrition. It is a rich source of B vitamins and fiber. Other nutrients found in spelt include iron, magnesium, niacin, thiamin, and phosphorous. The carbohydrates in spelt are useful in enhancing the immune system and helping to clot blood.

The appearance of spelt is similar to wheat but it has a tougher husk, which helps to protect the nutrition inside the grain. Spelt contains more protein than wheat, and contains gluten, so spelt is not considered to be a gluten-free product. Spelt flour can replace whole wheat flour or whole grain flour in any recipe. Some people like to blend spelt flour with wheat flour in their recipes.

Here is the recipe from our customer.

VERY SIMPLE SPELT BREAD

4 cups spelt flour
¼ cup sesame seeds
¼ teaspoon salt
¼ cup blackstrap molasses
1 teaspoon baking soda
1 teaspoon baking powder
2 1/8 cups milk

Preheat oven to 350 degrees. Grease two 9x5 loaf pans. In a large bowl, mix together all of the ingredients until well blended. Pour the batter into one of the greased pans. To produce a nice crust, place the second greased pan on the top of the pan with the batter while it bakes. Bake for 1 hour and 10 minutes or until golden brown. Test for doneness. Let the bread cool in the pan for 5 minutes before removing. This recipe can be doubled.

Please feel free to submit a favorite recipes by sending us an email to us at:
www. GrandmasPantryVa.com
You may see your recipe in one of our upcoming newsletters.

"So, whatever you eat or drink, or whatever you do, do all to the glory of God." (1 Cor. 10:31)