

**Whole Grain Crackers**  
**(From Nourishing Traditions by Sally Fallon)**

2 ½ cups sprouted spelt flour  
1 cup plain yoghurt  
1 teaspoon sea salt  
1 ½ teaspoons baking powder  
2 tablespoons sesame seeds, toasted in oven  
8 tablespoons butter, melted  
unbleached white flour

Mix flour with yoghurt and leave in a warm place for 12 to 24 hours. Place soaked flour, salt, baking powder and 4 tablespoons butter in food processor and process until well blended. Add sesame seeds and pulse once or twice to blend. Roll out to about 1/8 inch on a pastry cloth, using unbleached white flour to prevent sticking. Cut into squares with a knife or rounds with a glass. Place on a buttered cookie sheet, brush with remaining melted butter and bake in a 150 degree oven (or a dehydrator) until completely dry and crisp. Store in an airtight container in the refrigerator.

**Sprouted Pie Crust**

1 cup sprouted spelt flour (Sifted sprouted flour makes the flakiest crust)  
¼ teaspoon salt  
1/3 cut cold butter  
1 tablespoon whole milk  
2 tablespoons water

In a bowl mix flour and salt. Using a pastry cutter or fork, cut butter into flour and blend until mixture resembles coarse crumbs. Add liquid to crumb mixture. Dough will still be crumbly. On a lightly floured surface, knead until dough is smooth, adding a little flour is needed to prevent sticking. Makes dough enough 1 8-inch fluted pie.

**Buttermilk Biscuits**

**(From Nourishing Traditions by Sally Fallon)**

3 ½ cups (sprouted) spelt flour  
1 ¼ cups whole buttermilk  
4 T. melted butter or lard  
1 ½ teaspoons salt  
2 teaspoons aluminum-free baking soda

Mix flour with buttermilk to form a thick dough. Cover and leave in a warm place for 12 to 24 hours. Place in food processor and process several minutes to knead, or use the dough hook of your electric stand mixer a couple of minutes to knead. Blend in remaining ingredients. Remove dough to a well-floured pastry cloth or board and sprinkle with flour to prevent sticking. Roll dough to about ¼ inch thickness. Cut biscuits with a glass and place on a buttered baking sheet. Bake at 350 degrees for about 40minutes. Serve with butter and honey or mustard and cold meats.

**Sally Fallon's Pancakes**

**(From Nourishing Traditions by Sally Fallon)**

2 cups (sprouted) spelt flour  
2 cups buttermilk, kefir or yogurt  
2 eggs, lightly beaten  
½ teaspoon sea salt  
1 teaspoon baking soda  
2 tablespoons melted butter

Soak flour in buttermilk, kefir or yogurt in a warm place for 12 to 24 hours. (Those with milk allergies may use 2 cups filtered water plus 2 tablespoons whey, lemon juice or vinegar in place of undiluted buttermilk, kefir or yogurt.) Stir in other ingredients and thin to desired consistency with water. Cook on a hot, oiled griddle or in a cast-iron skillet. These pancakes cook more slowly than either unsoaked whole grain flour or white flour pancakes. The texture will be chewy and taste pleasant. Serve with melted butter and maple or sorghum syrup, raw honey, berry syrup, or apricot butter.

**A Great Bread Recipe**

3 cups sprouted spelt flour  
2 cups buttermilk, kefir or yogurt  
3 eggs, lightly beaten  
1 teaspoon salt  
¼ to ½ cup maple syrup (optional)  
2 teaspoons baking soda  
¼ cup melted butter

Soak flour in buttermilk, kefir or yogurt in a warm place for 12 to 24 hours – bread will rise better if soaked for 24 hours. (Those with milk allergies may use 2 cups filtered water plus 2 tablespoons whey, lemon juice or vinegar in place of

undiluted buttermilk, kefir or yogurt.) Blend in remaining ingredients. Pour into a well-buttered and floured loaf pan (preferably stoneware). Bake at 350 degrees for at least 1 ½ hours, or until a toothpick comes out clean.

Variations: Add 2 T. ground cinnamon, 1 T. vanilla, 1/3 c. honey, and 1 c. raisins for Cinnamon Raisin Bread. Add a cup of chopped unsulfured apricots, 1 T. almond extract, 1/3 c. honey and sprinkle top with chopped crispy almonds for Apricot Almond Bread. Add your favorite herbs and 1 T. honey for a great savory bread.

**This attachment is courtesy of :**

Peggy Sutton

Sprouted Bread and Flour Co.