

Tips for using Whole Wheat Flour in your White Flour Recipes

- In yeast breads, double the yeast and/or let it rise longer.
 - In baking powder leavened products, increase baking powder by 1 tsp for every 3 cups whole wheat flour. Recipes using baking soda need not be adjusted.
 - Use 7/8 cup flour (or ¾ cup plus 2 Tbsp) for each cup white flour in recipes. Whole wheat flour absorbs more liquid than all-purpose flour, so along with using less flour, it may be necessary to increase the liquid.
 - Don't over stir—it develops the gluten and can make the baked goods tough.
 - In baked products using eggs, separate the eggs and beat whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.
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Food Storage Calculator

Go to www.lds.about.com for a comprehensive food storage calculator.

Diastatic Malt

In general, add 1 tsp diastatic malt per loaf of bread in your favorite recipe in place of all the sugar or honey. The following is a diastatic malt article which gives more information, how to make it, and a bread recipe: <http://www.motherearthnews.com/Real-Food/1979-09-01/Sugar-Free-Bread.aspx>

Wheat/Basic Food Storage Cook Books

There are many great books available. Here are a few you to consider adding to your library:

[The Amazing Wheat Book](#) by LeArta Moulton

[Discover Wheat and Other Grains](#) by Cary Ruggles (www.DiscoverWheat.com)

[The New Passport to Survival](#) by Rita Bingham

[Natural Meals in Minutes](#) by Rita Bingham

[Cookies for Dinner](#) by Faye Reeves (www.grainmix.com)

Health is a Blessing

[Health is a Blessing – A Guide to the Scriptural Laws of Good Health](#) by Steven H. Horne

<http://www.steven-horne.com/Downloads/OtherFiles/Blessing.pdf>

Wheat Intolerance

Don't let this stop you from enjoying the nutritious benefits of wheat. Those who have wheat allergies and intolerances can often enjoy wheat when prepared in the following ways: 1) wheatgrass, juiced or in salads, 2) wheat sprouts, 3) wheat that has been soaked for 12-24 hours before being cooked, 4) mild grain drinks such as Zip, wheat milk made from sprouts, strained toastum and especially rejuvelac which can work to heal the conditions causing the allergies/intolerances, 5) wheat flour products made from flour that has been soaked at least 7 hours in an acidic liquid such as buttermilk, yogurt or sour milk, 6) homemade sourdough bread.

Another helpful and often effective idea is to eat wheat every 4th day only in small quantities for a month or more until the body can tolerate using it closer together. You can also substitute with other varieties of wheat such as triticale, spelt, kamut and teff that are often better tolerated by those allergic to wheat. It is important to stay away from refined and processed foods.