

## COOKING WITH WHOLE WHEAT

(For cereals, soups, salads, main dishes, etc.)

The usual proportions are 1 part wheat to 2 parts water. The wheat will triple when cooked. Wheat can be steamed, cooked in a crockpot, pressure cooker, bottled, soaked, etc.

### Stove-top Method

Rinse one cup of clean whole-kernel wheat (wheat berries), add 2 cups of cool water, and 1 teaspoon salt. Allow wheat to soak overnight or for 12 hours. Place rehydrated wheat in a pan and bring to a boil. It may be necessary to add additional water. Simmer for about 1 hour until tender. Wheat need not be covered with water since cooking by steam is effective. Water should be mostly absorbed at the end of the cooking time. The plumped, cooked wheat will keep in the refrigerator for about 1 week or may be frozen for longer periods of time.

Thermos Method: (Easy; saves fuel and attention; gives a chewy product.) Preheat a 1-quart thermos with boiling water. Boil 1 cup wheat and 2 cups water for 3 minutes. Place in thermos, seal, and let stand overnight.

Cook up enough whole-wheat berries to last at least a week. The ready-to-use wheat may be stored airtight in the refrigerator for up to 2 weeks. One cup wheat makes 4-6 servings. One-half to 1 teaspoon salt per cup may be added. You can also freeze the cooked wheat.

TO USE: Reheat cooked whole wheat. Serve with mushroom sauce or gravy in place of potatoes. Use in place of rice for stroganoff or as a pilaf. Add cooked whole or cracked wheat to casseroles, chili, spaghetti sauce, sloppy joes, soups, stews, salads, sandwich spreads, etc.

### Bulgur

Bulgur is a pre-cooked, dried cracked wheat. In the Middle East its use in the daily diet dates back to Biblical times. Because it is pre-cooked, it aids the use of wheat in recipes. To prepare:

1. Wash wheat in cool water and discard water.
2. Cover wheat with water, 2-3 times the amount of wheat. Steam until water is absorbed and wheat is tender (about 35-40 minutes).
3. Spread cooked wheat, thinly, on cookie sheet and place in 200° F oven to dry (leave door open). Wheat must be very dry in order to crack easily (2-3 hours). A food dehydrator may be used.
4. Crack wheat in a mill, grinder, or in blender. (This step is optional, but produces a finer kernel.)
5. Store in air tight container on shelf.
6. Re-hydrate for recipes calling for "cooked wheat" or "cooked bulgur" by adding twice as much liquid as bulgur and boiling 5-10 minutes. Bulgur will be approximately double in volume.

Cracked Wheat Crack your wheat in a mill, blender, or grinder. Sift after cracking for most uses.

### Cooked Cracked Wheat

1 cup cracked wheat, sifted	1 tsp. salt
3 to 4 cups water	1 tbl. margarine or oil

Combine, cover, and bring to a boil. Reduce heat; simmer 20 minutes. Serve as a cereal with milk and sugar or honey.

### Meat Extender

Use half cracked wheat, soaked or cooked, with half ground beef (1:1 ratio; but proportions may be varied as desired). You may also use cooked whole wheat, ground with a fine blade. To start: try 1 lb. of ground beef with 1 cup soaked cracked wheat (1/2 cup cracked wheat soaked in about 1/2 cup water).

You can use uncooked cracked wheat in place of rice in any of your favorite recipes. Fry slices of cold cooked cracked wheat; season; dip in egg batter, etc. Can be served with syrup, catsup, or gravy. Especially good with mushroom soup.

### Wheat Sausage

2 cups ground cooked wheat (not packed - grind with the fine blade of a food grinder)

1-1/2 to 2 tsp. ground sage  
1/4 tsp. each onion and garlic salt  
1 tsp beef base  
1 tsp. Worcestershire sauce

1 egg  
1 tbl. brown sugar  
1 tbl. oil  
1 tsp. sausage seasoning

Mix all ingredients, except wheat, together. Fold wheat in. Drop from spoon into a frying pan with hot oil (325-350°); glatten slightly and fry about 6-7 minutes in each side. Freezes well after cooking. Good on pizza.

### **Tuna Spread**

1 can tuna  
1/3 cup diced celery  
1/2 cup cooked wheat (cracked or whole)

1 tsp. grated onion  
1/2 tsp. salad dressing

Blend together and serve. Delicious with a leaf of lettuce and a dill pickle on top. For sandwiches to be eaten immediately a slice of tomato can be placed on top. This mixture, with pickle added, is good to stuff a tomato with.

### **Boston Baked Wheat**

Ingredients: 2 C steamed wheat  
1/4 C brown sugar or 1/4 C dark molasses

1 T Worcestershire  
2 green onions, chopped  
1 8 oz can tomato sauce

2 T soy bacon bits  
Directions: Mix ingredients. Top with bacon bits. Bake

covered 1-1/2 to 2 hours at 325 to 350°. Add Gluten Pieces just before serving. Serves 6.  
**Steamed Wheat** In a steaming process, the wheat kernel becomes a very tender, easily digested food, as well as a very versatile addition to many recipes.  
Ingredients: 1 C washed whole kernel wheat  
1/2 C water  
1 tsp salt  
Directions: Place wheat in water and salt in an uncovered 1 to 2 quart casserole or metal bowl. In a larger pan, for steaming, place something under the bowl to keep it from touching bottom of pan (for example, a canning jar ring). Add water to the larger pan and cover with just the one large lid. Bring water in bottom of pan to full rolling boil for about 15 minutes. Reduce heat and simmer about 45 minutes.

Suggestions for Serving: Serve with butter and salt. Use in place of cooked rice or beans. Serve with

vegetables as a side dish  
Grind with cheese and butter and bake  
**Homemade Noodles**  
Ingredients: 1 C whole-wheat flour  
1 large well-beaten egg  
2 T milk

1/2 tsp salt

**Directions:** Combine flour, egg, milk and salt to make a stiff ball of dough. On a lightly floured surface roll dough until very thin, to about 18x20 inches. Let dry about 1-1/2 hours. Cut into 1/2 inch strips with a pizza or pastry cutter. Store in container that is not airtight. Drop into boiling soup or water. Cook 8 to 10 minutes. Makes 8 ounces or 3 cups and the cost is about eleven cents.

**Peanut Butter Cookies**  
**Ingredients:** 1/2 C vegetable oil  
1 C brown sugar or honey 1/2 C peanut butter

1 egg, beaten 1 T sour cream 1 tsp soda 1-1/2 C whole-wheat flour  
**Directions:** Cream oil and honey or sugar. Add peanut butter, egg and mix well. Add sour cream, soda & flour and beat well. Form into balls, the size of marbles and place on greased cooking sheet. Press with a fork. Bake at 350° for about 10 minutes.

**Basic Wheat Bread (or Rolls or Bread Sticks)**  
**Ingredients:** 3 cups white whole-wheat flour 1/4 cup gluten flour 2 teaspoons salt 1 tablespoon rapid rise yeast 1-1/3 cup very warm water 3 tablespoons olive or vegetable oil 3 tablespoons honey  
**Instructions:** FOR AUTOMATIC BREAD MACHINE (Set on white-light for 2 lb. Loaf) Mix together in bread pan until dissolved: warm water, oil, honey and yeast. Pour mixed dry ingredients on top of liquids, place in bread machine, close lid and wait 5 minutes before starting machine to let yeast work. BY HAND or ELECTRIC BREAD MIXER FOR CONVENTIONAL OVEN (Turn oven on warm (125°). If oven does not go that low, let oven heat at 200° for 5 minutes. Turn off a few minutes before putting dough in to rise). Mix together in bowl until dissolved: 1-1/4 cup very warm water, 3 tablespoons olive or vegetable oil, 3 tablespoons honey and 1 tablespoon yeast. Add contents of bread mix, stir together, then on a flat oiled surface, work and knead the dough vigorously with the heels of your hands, about 3 to 4 minutes, keeping it into as tight a ball as you can while kneading (or knead for 3 minutes with electric bread mixer), Use oil, not flour, on hands and surface for easier handling. Dough will become more elastic-like as you proceed. Note: if dough is still too sticky the first 1-2 minutes of kneading, sprinkle only enough flour to make it workable (about 2 Tablespoons). Too much flour creates a crumbly texture. **Important for a lighter and higher bread:** After kneading pound the dough vigorously with sides of fist, working it into a tight ball, by folding sides in as you pound (pound about 4 times each time you fold, folding about 12 times), until dough is firm and springs back to the touch. Round the dough into a firm ball tucking the bottom in as tight as you can before placing into an oil sprayed bread pan. Place pan of dough into a warm oven (not higher than 125°) and let rise until double in size (approximately 1/2 hour). Turn oven up to 350° and bake about 30 minutes or until crust is golden brown. Remove bread from pan and let cool by placing on wire rack or by placing loaf on one side then the other. **Hint:** If the crust becomes darker than you would like toward the end of baking time, place a sheet of tinfoil (shiny side up) on top of the loaf. **Rolls or Bread Sticks** After kneading form into desired shape rolls (an ice-cream scoop is fast and accurate for an average size roll). Work and squeeze each piece into a tight ball and place onto oil sprayed loaf pan or divide into 3 and place in muffin tins for butter or orange rolls. For bread sticks, roll into desired size and place on an oil sprayed baking sheet. For added flavor try brushing on a mixture of mayonnaise, butter, and grated Parmesan cheese in equal parts and sprinkle in a little Italian seasoning spices if desired. Let raise to double and bake at 350 degrees for 20 minutes or until browned.

**Alison's WW Chocolate Bundt Cake**  
Sift together:  
3-1/4 cup whole-wheat pastry flour 2 cups sugar (or scant 2 cups fructose) 1/2 cup cocoa  
1 teaspoon salt 2 teaspoons baking soda Make a well in the dry

ingredients and add:

1 scant cup oil 2 tablespoons apple cider vinegar 2 cups cold water  
Mix by hand until it is mixed but still has some lumps in it. Batter will be thin. Pour into greased bundt pan-- I use Pam. Bake at 350° for 45-50 minutes, until knife inserted into center comes out clean. Cool on rack for 25 minutes. Place plate over cake and invert. Cool completely and glaze. You can also use a 9x13 pan and bake for 30-35 minutes.

**Chocolate Cocoa Glaze** Sift together:

3 cups confectioner's sugar 1/2 cup cocoa Add: 2 tablespoons oil  
1/3 cup water Stir briskly to remove lumps. Place paper towels around bottom of cake to catch excess glaze. Use spatula to spread glaze on top of cake. It will slide down the cake beautifully. If cake is in 9x13 pan, add a little more confectioner's sugar to turn glaze into frosting.

**Alison's Whole-Wheat Cornbread**  
1 egg 3/4 cup cornmeal

2-4 TBL sugar or honey  
1/4 cup melted butter or oil  
1 cup flour

3 tsp baking powder  
1/2 tsp salt  
1 tsp vanilla

Preheat oven to 400. Spray 8x8 or 9x9 baking pan or regular muffin pan cups with Pam. In a small mixing bowl, blend the egg, sugar, melted butter or oil, and milk together. In a large mixing bowl, mix together the flour, cornmeal, baking powder, and salt. Make a well in the center of the dry ingredients and add the mixture from the small mixing bowl. Using as few strokes as possible, blend the two together. Pour batter into prepared pan. Bake at 400° for 25 minutes for 9x9 pan or 20 minutes for muffins. A knife inserted into the center should come out clean.

Addendum: I use all whole-wheat pastry flour or half whole-wheat and half white. Honey makes a moister product and I think tastier. Can delete sweeteners and vanilla for southern cornbread and to use for stuffing.

### **Alison's Wheat Thins**

3 cups uncooked quick oats  
1 cup white flour (I use unbleached)  
3 TBL fructose or sugar  
3/4 cup oil

1 cup whole-wheat flour  
1 cup wheat germ  
1 tsp salt  
1 cup water

Mix all together, and roll out onto two cookie sheets. (The dough is crumbly and barely holds together, but rolls out okay). I make the edges straight with a spatula. Sprinkle with additional salt, if desired. Cut into squares or diamonds--can use a pizza cutter. Bake at 350°. After 15-20 minutes begin checking the crackers and remove the ones on the edges that brown first. Continue checking every 5 or so minutes. Can also sprinkle with sesame or poppy seeds before baking if desired. In my oven, these take longer than 20 minutes before they brown. You can also halve the recipe if you don't want so many. Even my grandchildren love these. I have tried the new whole-wheat wheat thins and these taste just the same.

### Alison's Whole-Wheat Tortillas

3+ cups whole wheat flour  
1/4 teaspoon baking powder  
1/4 cup safflower or peanut oil

1 cup warm water  
1 teaspoon salt

Place water and oil in mixing bowl. Sift together flour, baking powder, and salt. Add to liquids and mix together until dough is in a ball and a little sticky. You may have to add a little more flour. Let rest at least 10 minutes. Separate dough into 10 pieces. Let rest for at least 10 minutes. Sprinkle a little flour on counter. Roll out dough in a circle. Roll in all four directions, flip over; roll out in all four directions, flip over; etc., until it is the size you want. If it starts to stick, sprinkle JUST A LITTLE FLOUR. Lift and place on palm of hand. Spray skillet with Pam or use a little oil; place pan on medium-high heat. Place edge of tortilla in skillet and withdraw hand so tortilla is flat. Straighten if there are any folds. When the tortilla starts to get bubbles, flatten and turn on other side. (I place them when done on a plate with a paper towel between each one.)

### The Best Whole-Wheat Bread in the World

Mix together:

3 cups warm water  
1/2 cup honey

2 Tablespoons/pkgs of yeast

Mix together. Let proof/rest 10 minutes. In a large bowl mix:

1 Tablespoon salt  
2 eggs

4 Tablespoon oil

7- plus cups whole wheat flour (can use 3 cups whole wheat and 4 cups white for lighter bread)

Add yeast to flour mixture. Beat until well combined. Add more flour if needed. Use dough hook to knead for 5-7 minutes or pour out onto floured surface and knead by hand for approximately 10 minutes. Let rise in greased bowl on counter until doubled in size (about 1 hour). Form dough into 3 loaves. Place formed dough into bread pans, setting dough against one side of pan.(this will allow the dough to rise uniformly). Let rise until doubled in size. Bake for 40 minutes at 350°. Let cool in pan 5-10 minutes. Turn out onto wire rack to cool completely. Store in plastic bags. Note: The crust on this bread is soft from the honey. Makes 3 loaves.

### Alison's Whole-Wheat Cobbler

4 cups sliced peaches, canned or frozen  
1 TBL cornstarch  
1/2 tsp cinnamon

1/2 cup sugar (or scant 1/2 cup fructose)  
1 TBL unsalted butter  
Pinch of salt (delete if using salted butter)

Peach filling: In a large saucepan, stir together sugar and cornstarch. Then add peaches, butter, cinnamon, and salt. Place over medium heat and bring to a boil, stirring gently frequently. Turn out into an 8x8 or 9x9 pan.

#### Topping

1 cup whole-wheat or ww pastry flour  
2 tsp baking powder  
3 TBL chilled butter, sliced

1 TBL sugar or scant 1 TBL fructose  
1/4 tsp salt  
1/2 cup any kind milk

In medium-sized bowl, combine flour, sugar, baking powder, and salt; then cut in butter until mixture resembles coarse meal (I use my fingers). Stir in milk to make soft dough and drop by spoonfuls all over peach filling. Bake about 20 minutes at 350 until golden brown on tips and bubbling. Cool 15 minutes. We serve it with homemade double-vanilla ice cream. We have also added frozen raspberries and other fruits in place of the peaches. We have done this with half peaches and half raspberries to make a different tasting but wonderful cobbler.

### Summer Wheat Salad

#### Basic Bulgur

1 cup wheat  
1/2 teaspoon salt

1 cup water

Put all ingredients in the top portion of a double boiler. Put water in the bottom portion of the double boiler



### Alison's Chewy Granola Bars

Preheat oven to 350°. In a large mixing bowl combine:

1/2 cup sugar (a little less if using fructose)	1/2 cup honey
1/4 cup softened butter	2/3 cup smooth peanut butter
1/4 cup oil	2 tsp vanilla

Mix well, until it is a smooth paste. Add:

3/4 cup whole-wheat flour	1-1/2 cup quick oats
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2 cups regular oats

1-1/2 cups wheat flakes (or 1-1/2 cups oatmeal or Rice Krispies cereal)

Can also add 1/2 cup chocolate chips or 1/2 cup coconut or 1/2 cup dried fruit

Work the mixture until it clumps together. Using your fingers, press it into a 13x9 pan sprayed with Pam. Bake for 15-20 minutes, or until the edges turn golden. Cool. Cut into bars. Wrap each in Saran Wrap. These are good!

### Alison's 50-50 Batter Bread

3 cups whole-wheat flour	2 TBL (or 2 PKGS ) yeast
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2-1/2 cups sour milk (add 1 tsp vinegar to milk)	1/2 cup honey
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1 TBL salt	1/3 cup butter (can use oil)
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1-1/2 cups regular oats	2 eggs, beaten
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3 to 3-1/2 cups white flour

1. Combine whole-wheat flour and yeast.
2. Heat butter, sour milk, honey, and salt until warm. Pour into large mixing bowl.
3. Add oats, whole-wheat flour-yeast mixture, and eggs. Blend on low speed with electric mixer until moistened. Beat 3 minutes at high speed. Attach dough hook to mixer at this point.
4. Stir in enough white flour to make a stiff dough. You want it still sticky.
5. Spray top with Pam, cover with foil or Saran Wrap and let rise until doubled. I put it in the oven that I have preheated to its lowest temp and turned off.
6. Punch down and shape into 3 loaves. Place in 3 9x5 greased loaf pans.
7. Cover loaves and let rise until 1" above rims.
8. Heat oven to 375° during the 10-15 minutes of rise time.
9. Bake for 25-30 minutes or until loaf sounds hollow when tapped.
10. Turn out on racks to cool. Use one loaf, share one, and cover the other with foil, then place in freezer bag and freeze until later.

### Alison's Cheesy Pie with Potato Crust

12 oz coarsely shredded unpeeled baking potatoes	2/3 cup dry milk from cannery
1-1/3 cups cottage cheese	4 eggs, slightly beaten
4 oz. shredded cheddar cheese	1 TBL dried onion flakes from cannery
1/8 tsp onion powder	1 TBL whole wheat flour from cannery
1 TBL dried parsley flakes	

Preheat oven to 350°. Arrange potatoes in bottom and sides of a 10" pie tin that has been sprayed with Pam. Press gently to form crust. Sprinkle with dry milk evenly over potatoes. Combine remaining ingredients in a bowl and mix with a fork or wire whisk until blended (mixture will be lumpy). Spread evenly over potatoes. Bake 35-40 minutes, until set. Check by inserting knife tip into center. If it comes out relatively clean, it is done. Cool for 5 minutes before serving. Can use a slightly smaller pie plate--if so, cook a little longer. Low-fat products also work very well. Serve with a salad for a complete meal. Serves 4. Note: This cheesy pie with potato crust uses a tiny amount of whole-wheat flour to give one confidence in using it as a thickener and in gravies.

### Alison's WW Carrot Cake

1-1/4 cup fructose or sugar	2 teaspoons baking soda
4 eggs	1 teaspoon salt

1 teaspoon vanilla	2 teaspoons cinnamon
8 oz plain yoghurt plus enough oil to make 1 1/2 cups	1/2 teaspoon allspice
2 cups whole-wheat pastry flour	3-1/2 cups grated carrots

Preheat oven to 350°. Spray 9x13 or bundt pan with Pam. In mixing bowl, beat eggs and sugar until thick and lemon colored. Add vanilla, oil, and yoghurt. Beat well. Mix and sift dry ingredients and spices. Gradually add sifted ingredients to egg mixture, mixing thoroughly after each addition. Fold in carrots. Pour into pan. Bake about 45 minutes or until knife inserted into center comes out mostly clean. Note: This batter can also be baked as cupcakes (makes 24) for 23 minutes.

Cream Cheese Frosting

8 oz softened cream cheese (not low-fat neufchatel)	3-4 TBL evaporated milk
3 1/2 cups confectioner's sugar	1/4 tsp salt
1 tsp vanilla	

In mixing bowl beat cream cheese and 3 TBL milk together. Gradually add confectioner's sugar, salt, and vanilla. If too thick, add last TBL milk. If making a glaze for the bundt cake, add a little oil and extra milk until it flows well. Uses only 1/2 of frosting if you make cupcakes--freeze in container and thaw when making the cupcakes again.

**Doris' Whole-Wheat Granola Mix**

8 cups rolled oats	2 cups rolled wheat
2 cups coconut	2 cups wheat germ

Heat in saucepan until sugar dissolves:

1/2 cup honey	2 cups brown sugar
1 cup water	1 cup salad oil
1 tsp salt	

Stir into dry mixture any of the following: raisins, any dried fruit, any nuts

Pour onto flat cookie sheet. Bake at 225° for 2 hours, stirring every half hour.

**Alison's "Follow the Prophet" Pancakes**

2 cups whole-wheat flour (or half ww and half white)	2 tablespoons fructose or sugar
3/4 cup powdered milk	1/2 teaspoon salt
1 tablespoon baking powder	2 cups water
2 beaten eggs	1/4 cup melted butter or oil

Combine dry ingredients in mixing bowl. Add wet ingredients one by one. Stir with fork until moistened but lumpy. May need to add water if it thickens too much. Heat frying pan or griddle with oil or spray with Pam.

Using ladle, pour into oval shapes-like footprints. When light brown, flip with spatula onto other side. Serve warm with maple syrup, sausage links, and cut up fruit.

STAFF OF LIFE CASSEROLE

1 cup cooked wheat	Celery and green pepper, to taste, sauted in butter
1 cup cooked rice	1 lb. ground beef, browned (or other meat of your choice)
1 chopped onion	1 pkg. chicken noodle soup mixed in a small amount of water, just barely heated

Add 1 can cream of mushroom or other cream soup. Combine and bake covered 45 minutes at 350°. Good with soy sauce and Chinese noodles on top.

### WHOLE-WHEAT CRUMB CRUST

(use where ever a graham-cracker crust is wanted)

1/2 cup margarine  
1/4 cup brown sugar  
1 cup whole-wheat flour  
1/2 cup chopped nuts (optional)

Combine and bake at 400° for 15 minutes, stirring occasionally, until golden brown. (If you omit the nuts, multiply the recipe by 1-1/2.) Makes enough for one 9-inch pie, with some to sprinkle on top. Store in refrigerator or freezer.

### WHITE-AND-RICE MAIN COURSE

3 cups cooked whole wheat  
3 cups cooked rice (see note below)  
1 lb. ground beef, browned (OR ham, OR use both meats)

4 tbl. butter  
Soy sauce, to taste  
Onion, celery, green pepper, mushrooms, as desired (optional), chopped

Place all ingredients in large skillet and saute until hot. In summer add chopped zucchini or yellow summer squash or peas.

NOTE: To cook rice, place 1 cup rice in three cups cold salted (1 teaspoon) water; after water comes to a boil, simmer only 10 minutes. This rice will be firmer than usual.)

### CREPES

Mix in blender:

2 eggs  
1/2 cup water  
1/2 cup milk  
1/2 tsp. salt  
1 tbl. juice (apple or orange)  
1 cup whole-wheat flour

Lightly grease 7-inch frying pan for first crepe. Use 3 tbl. batter. Cook like a pancake, tipping pan in each direction first so batter will cover pan.

### FIVE-GRAIN CEREAL

1/2 cup whole oats                      1/2 cup barley  
1/2 cup whole wheat                    1 tsp. salt  
1/2 cup brown rice                      5-1/2 cups water  
1/2 cup millet

Bring water to a boil; add grains and salt. Boil for 2 minutes. Cover; place in pre-heated 300° oven; turn oven off. Leave undisturbed overnight. Heat to serve. Refrigerate leftovers.

### COLESLAW

### HONEY GRAHAM CRACKERS

Mix together:

2 cups whole-wheat flour  
1/4 tsp. salt  
2 tsp. baking powder  
3 tbl. brown sugar

Cut in:

1/2 cup margarine

Mix in:

2 tbl. honey  
2 tbl. milk or water.

Roll out on greased cookie sheet (place waxed paper on top for easier rolling) 1/8- to 1/4-inch thick; score with a knife; prick with fork. Bake for 5 to 8 minutes at 375° to 400° until lightly browned.

### WHEAT NUTS

3 cups whole-wheat flour  
1/2 cup dry milk  
1/4 cup brown sugar (optional)  
1/2 tsp. salt  
1 tsp. maple flavoring  
1/4 cup melted honey  
6 tbl. water

Mix dry ingredients. Using mixer, add flavoring, honey, and only enough water to moisten. Mixture should be fine.

Spread on cookie sheets and bake at 350° for 10 minutes. Stir to break up; bake 5-10 minutes longer, until golden brown. Cool and store in air-tight container

### WHEAT NUTS WITH CINNAMON

3 cups whole-wheat flour  
3/4 cup buttermilk  
1 tbl. vanilla  
1 tbl. cinnamon  
1/2 tsp. salt  
3/4 cup brown sugar

Mix dry ingredients. Using mixer, add milk and vanilla; mix until you have fine granules the size of Grapenuts. Spread on two or three cookie sheets and bake at 325° for 10 minutes. Stir to break up granules; bake 5-10 minutes longer, until golden brown. Cool and store in airtight container.

For an interesting flavor, prepare your favorite

coleslaw recipe and add from 1/4 - 1 cup of cooked whole wheat, bulgur, or cracked wheat.

### WHEAT MEAT LOAF

(8 Servings)

1 cup bulgur or cracked wheat (dried)  
1-1/2 pounds ground beef, or sausage  
2 eggs (1/2 cup powder egg)  
1/4 cup onions, finely chopped (2 T. dry onion)  
3/4 cup milk  
2 teaspoons beef bouillon granules  
1/4 teaspoon hickory salt  
1/4 teaspoon pepper  
1 tablespoon Worcestershire sauce  
1/4 cup catsup (optional)  
1 teaspoon dry mustard (optional)  
3 tablespoons brown sugar (optional)

Combine bulgur, beef, eggs, onion, milk, bouillon, salt, pepper, and Worcestershire sauce. Mix and place in loaf pan. Do not firmly pack mixture into pan or it will create a dense texture. Bake at 350° for 1 hour. If desired, mix together catsup, dry mustard and brown sugar; spread over meatloaf last 15 minutes of baking.

### LeNORA FOSTER'S OATMEAL COOKIES

(modified to include whole-wheat flour)

1 c. brown sugar	2 t. baking powder
1 c. white sugar	1 t. soda
1-1/3 c. shortening	3 c. white flour
3 eggs	1 c. WW flour
2 t. salt	4 c. oatmeal
2 t. cinnamon	1 c. chocolate chips
1/2 t. nutmeg	1 c. raisins
1 t. vanilla	1/2 t. mace (opt.)
1/2 c. molasses	1/2 t. allspice (opt.)
1 c. buttermilk	1/2 t. cloves (opt.)

(or sour 1 cup milk w/ 1 T. vinegar)

Cream sugars, shortening, and eggs. Add all dry ingredients and mix well. Add molasses, milk, flours, and oatmeal; mix well. Stir in chocolate chips and raisins. Spoon out on cookie sheet. Bake at 350° for 10-12 minutes. Note: The original recipe did not contain WW flour; however, the recipe is a wonderful way to introduce whole wheat to a family's diet--very few people can detect the WW flour. The oatmeal may be quick or old-fashioned--there is more fiber in the old-fashioned. Does that make these qualify as a health food? Of course! (And we'll stick to that story!)

### SHREDDED WHEAT CEREAL

Add honey and salt to cooked whole wheat. Mix well. Put through meat mincer or food grinder with small holes. Bake on cookie sheet at 325-350° for about 20 minutes.

### PEANUT BUTTER CANDY

2 cups peanut butter (plain or crunchy)                      2 cups honey  
2 cups non-instant powdered milk (or half whey and half milk)  
(if using instant milk, pulverize in blender before measuring)

Heat peanut butter and honey in a heavy pan over low heat to a creamy texture that stirs easily. Pour mixture into powdered milk, Mix well with a spoon, or for a chewy caramel-type candy, mix with a kneading arm of electric beater until smooth (powdered carob or cocoa may be added for chocolate fudge).

After mixing candy, dried chopped fruit, nuts, seeds, cocoanut, carob or chocolate chips, rice krispies, granola, graham cracker crumbs, etc., may be added.

Form candy into balls or rolls, and roll in chopped nuts, cocoanut, granola, etc. Candy may be dipped in melted carob or chocolate. Let the children roll candy in different coatings and place in fluted candy cups. It's fun! Be creative!

### MUSHROOM AND WHEAT CASSEROLE

4 cups cooked wheat    1 onion, cooked  
1 can cream of mushroom soup                              1/2 soup-can milk

Mix together and bake 20 to 30 minutes at 350°. If desired, can add 1 can tuna, celery, pepper, peas, etc.