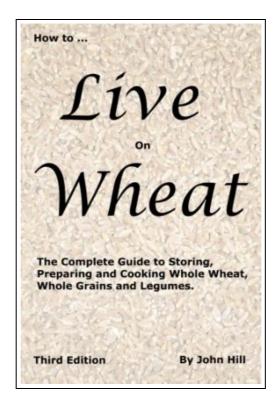
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(Lavina Torp)

HOW TO LIVE ON WHEAT (PAPERBACK)



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Clear Springs Press, 2010. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This revised and expanded Third (2011) edition provides more information on other grains and legumes and addresses questions, suggestions and critique from readers of the previous edition. This is a cookbook, preparedness resource and survival manual all wrapped into one concise and thorough reference. It covers the storage of wheat and other grains and legumes, the preparation of all of the basic foods from the whole grain to the finished product in the simplest and most foolproof manner possible. It includes Essene Bread, Pan Bread, Sprouting, Sourdough, Food Combination, Baking, Bread Making, Gluten Meat Substitute, Pasta, Improvised Bread Making, Dumplings, Cast Iron Cookery, Salads, Biscuits, Pancakes, Hominy, Corn Bread, and Tempeh. This is an essential resource for anyone who wishes to learn to cook with whole grains, anyone who wishes to prepare for natural disasters or other unexpected events and anyone who just wants to save a lot of money on their food bills and improve their nutrition with minimal expense.

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