

# THE Wonderful World of Wheat



"The best place to have some food set aside is within our homes, together with a little money in savings. The best welfare program is our own welfare program. Five or six cans of wheat in the home are better than a bushel in the welfare granary. ... "We can begin with a one week's food supply and gradually build it to a month, and then to three months. I am speaking now of food to cover basic needs"

Pres. Hinckley (Ensign, Aug. 2007)



## I. Wonderful Wheat Instant Fresh Flour

The addition of whole grains to your diet is essential to vibrant, good health. Natural high fiber helps the body stay slim. Fresh milled flours contain the vitamins, minerals, and fiber so often lacking in today's diet.

- a. **Nutrition:** Wonderfully nutritious! It's no accident the Food Pyramid suggests we eat 6-11 servings of grains
- High in Fiber, and contains no refined carbohydrate units. Also contains: Calcium, Iron, Thiamine, Niacin and Riboflavin and very little fat! Has high levels of antioxidants and vitamins and minerals.
  - Wheat makes a complete protein when combined with any grain, dairy, legume, or seed
  - Lessens heart disease, protects against diabetes and lowers risks of cancer and weight gain

### What's the difference – white flour & home ground?

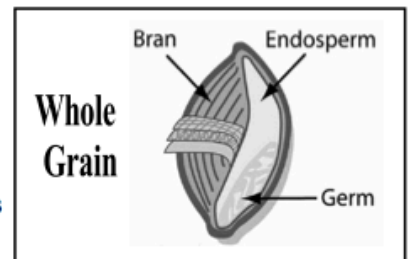
White flour is a highly processed grain made to not turn rancid or spoil when sitting on store shelves. White flour is made from only the Endosperm of the wheat kernel.

Whole Grain flour contains all 3 parts of the wheat kernel

**Bran** 14 ½%– Fiber and minerals, vitamins, protein, carbohydrates,

**Germ** 2 ½% – Protein, high oil content limits shelf-life, vitamins, minerals

**Endosperm** 83%– High in Starches, most of the protein and carbohydrates



- b. **Expense:** Wonderfully Cheap! Dry-pac #10 can(5.5lb) is \$6.88, 25lb. bag is \$18.81, YFSM 45lb. bucket is #68.49
- c. **Storage Life:** Wonderfully long! 30+ years, if packed in cans or buckets
- If you have wheat in bags transfer it to buckets to keep out the bugs & moisture
- d. **Storage Space:** Wonderfully little! No other food packs in more protein and nutrients in such a small amount!
- e. **Cooking Skill:** Wonderfully Easy! Anyone can cook with wheat. It's so simple!

## Top 10 Wheat Tips:


1. Purchase a grinder and grind wheat fresh for more nutrients.
2. I recommend buying Hard White Wheat for the lighter flavor and color, Red wheat works great too, it just makes a heavier dough with a wheatier - nuttier flavor which some prefer.
3. Whole wheat flour goes rancid, so treat it as a dairy -store it in the fridge or freezer up to 6 months. After 30 days at room temperature whole-wheat flour has lost all nutritious food value.
4. In Recipes - start by substituting 1/3 whole wheat flour and leave 2/3 white - Start with a little in your diet and slowly increase. The high fiber content can give you stomach cramps and diarrhea if you are not used to eating lots of this healthy grain.
5. Don't announce to your family that you've put wheat in the recipe and you want to see if they like it.
6. Helping your family love the wheat flavor comes little by little. Start with adding wheat into your desserts - Who can turn down a cookie, a piece of cake, a cinnamon roll?
7. Use wheat in recipes your family already likes and are familiar with.
8. Set a goal to use it once a week! Then slowly increase each month.
9. Don't store in barrels over 100 lbs. - too difficult to move, and if infested all is lost.
10. Store it between 45-65 degrees off the earth or concrete floor and on boards to keep out moisture.

10

## II. Wheat Grinders:

(Do you think the prophets said “store wheat” meaning only store it and not eat it?)


Plan to buy a grinder. Your family can start eating the wheat today. Any major change in diet is hard, particularly during stressful situations, so don't wait until the “big emergency”. Get used to eating wheat now!

 Wheat Grinders on the Market as of April 2023	
Grinder Name	Cost
Nutrimill Harvest	\$345
Wondermill hand grain mill	\$349
Kitchen Mill	\$300
Victoria Manual High Hopper Grain Grinder	\$49

## Expand your ability to make Nutritious, Fresh Foods at Home!



### Add fresh ground WHEAT as you make:

Cookies	Pasta	Waffles
Cinnamon rolls	Pita Bread	Corn Bread
Cakes	Muffins	Tortillas
Bread 	Cereal	Brownies
Rolls	Crackers	Pancakes
Meat extender	Granola Bars	And Much More!!



1. You can purchase a Grinder, start saving now, use Christmas or birthday money to help, Pray for help and you will be able to soon!
2. Even without a Grinder there are many ways to start implementing wheat into your diet.
  - ▶ Follow the meat extender recipe and ideas below!
  - ▶ Purchase wheat pasta noodles at the store and mix them in with your regular noodles as you cook pasta
  - ▶ Purchase wheat tortillas when making wraps for sandwiches and quesadillas and burritos
  - ▶ Purchase wheat crackers and serve them with cheese
  - ▶ Make a sandwich with one slice of white bread and the other with wheat

## III. Wheat as a Meat Extender:

- Wheat Berries as most call them are the exact texture of ground beef
- Wheat Berries also take on the flavors of any dish they are in, disguising their wheat taste
- Prepare a batch of wheat berries, serve for breakfast and save the leftovers in freezer bags in  $\frac{1}{2}$  c.-1 c. portions. Now when you are making a casserole with ground beef, taco mix, sloppy-joe mix, chili, etc. add some wheat berries and no one will know, and you'll be feeding your family a more healthy and filling meal!

### To Prepare Wheat Berries:

1 cup WHEAT      3 cups water       $\frac{1}{2}$  tsp salt

Use one of the following cooking methods:

CROCK POT: Combine ingredients. Cook six to eight hours or overnight on low setting.

STOVE TOP: Combine ingredients. Cook about one hour, or soak overnight and cook for 30 min.

Drain water and spoon into cereal bowls, then pour in the milk and add a spoonful of honey.

\*\* Drain all the remaining wheat you didn't eat for breakfast and put it in a container or small bags in the fridge or freezer.

## IV. Wheat Resources:

Web Sites: [www.wholegraincouncil.org](http://www.wholegraincouncil.org), [www.wheatfoods.org](http://www.wheatfoods.org), [www.oldwayspt.org/wgc.html](http://www.oldwayspt.org/wgc.html), [waltonfeed.com](http://waltonfeed.com)

Books: Many at the Library and church distribution and church stores carry them!

People: The best resources are your neighbors, ask, find out who uses it, and talk to them!





## V. Recipes – definitely well used and definitely Good:

### Pancake MIX

6 c. whole wheat flour 1 c. sugar  
3 c. all-purpose flour  $\frac{1}{2}$  c. wheat germ  
1  $\frac{1}{2}$  c. instant nonfat dry milk  $\frac{1}{4}$  c. baking powder  
1 Tbs. salt 2 c. vegetable shortening

- In a large bowl combine all dry ingredients.
- With a pastry blender cut in shortening until evenly distributed.
- Put in an airtight container and Label container to add in with the recipe:  
1 egg 1  $\frac{1}{2}$  c. water 2  $\frac{1}{4}$  c. Pancake MIX
- Store in a cool dry place. Use within 12 weeks.  
Makes about 14 cups.

**\*\*If your family is not yet used to wheat, you can add regular store bought pancake mix and more water to the mix above in order to help them adjust to this new yummy mix!**

### Wheatberry Fruit Salad

1 cup wheat berries (boil in 2 C of water)  
1 tub cool whip (thawed)  
1 8oz tub cream cheese (softened)  
1 20oz can crushed pineapple+ juice  
1 8 oz box vanilla pudding powder

-Boil wheat berries about 30 min until puffed up and soft. Meanwhile mix pineapple and cream cheese until smooth with hand mixer. Fold in whipped cream and pudding mix. Drain wheat berries and let cool. When cool, fold wheat berries into the salad.  
Serve cold.

### Chewy Chocolate Chip Cookies

By Valerie Lee

1 c. shortening	1 tsp. baking soda
1 c. brown sugar	1 tsp. salt
1 c. white sugar	1 tsp. vanilla
2 eggs	1 bag chocolate chips
1 $\frac{1}{2}$ c. flour (can use all wheat in this recipe)	1 c. wheat



Cream shortening and sugars together with hand mixer. Add eggs and salt, soda and vanilla. Beat until smooth. Add 1 cup flour. Beat again. Add rest of flour, mix by hand and add chips.

Bake 375 for about 8 min., just until starting to turn light brown. Do not over bake! Makes 3 doz.

\*TIP: use a silpat liner on your cookie pan and your cookies are perfect bottom to top!

### Pumpkin Chocolate Chip Muffins

By Erin Falgoust

2 c. canned pumpkin  
2/3 c. oil  
3 eggs  
2 c. sugar  
2 tsp. baking soda  
 $\frac{1}{2}$  tsp baking powder  
1 tsp salt  
1 tsp ground clove  
1 tsp cinnamon  
1 tsp nutmeg



Mix above, then add flour stirring until just moist, then add chips:

3 c. flour (1 c. wheat 2 c. white)  
12 oz. bag chocolate chips

Fill muffin cups and Bake 375 for 11-13 min. or until pop-up at touch.

**\*\*You can also freeze these and eat later in sac lunches or as a snack!**

### Wheat Berries

(A Snack like Popcorn)

By Amber Price



1. Boil wheat in 3 times the water until it pops
2. Drain and let sit for 15+ min.
3. Heat oil in a pan (1/2 full)
4. Put 1/3 c of cooked wheat in hot oil @ med. heat for 2 min.
5. Drain, salt and eat

# Pizza Crust

By Valerie Lee

3 pkg. yeast or 6  $\frac{3}{4}$  tsp. yeast 1 c. warm water  
3 tsp. sugar

*Mix in small bowl and set aside to rise*

3 c. cold water	4 $\frac{1}{2}$ TBsp. oil
3 TBsp. sugar or honey	1 $\frac{1}{2}$ tsp. salt
2-3 garlic cloves	2 tsp. basil
2 tsp. oregano	2 TBsp. Lemon Juice
3 cups whole WHEAT flour	3 cups white flour

*Add yeast bowl & MiX together then add:*

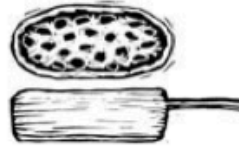
3 more cups of white flour - add one cup at a time till dough pulls from sides of bowl.

Mix 9 min. in mixer (or knead by hand) . Let rise in bowl 30 min (or until doubled).

Divide into 3 and Roll out and put on Pizza stone/pan.

Add toppings and Cook at 400 degrees for 12-14 min.

Makes 3 round crusts.



# Chili

By Valerie Lee

1 onion  
1 green pepper chopped  
1 c celery chopped small  
1-2 hot peppers (optional)



1 can tomato sauce  
3 cans diced tomatoes (15 oz.)  
1 Tbsp sugar  
salt to taste

1 TBsp chili powder  
 $\frac{1}{2}$  TBsp cumin  
1 lb ground meat( or less), cooked  
1 cup cooked WHEAT berries

Sauté onion, celery, and green pepper in olive oil until onions are clear. Add tomatoes and tomato sauce, spices, sugar and meat. Cook for 20 minutes to blend flavors together on med. heat. Add cooked wheat and cook  $\frac{1}{2}$  hour on med. low, stirring occasionally. Top with grated cheese. \*\* You can substitute tomato cans with 1 qt jar canned tomatoes, I like to add 2 cans diced and about 4 fresh tomatoes chopped up

# Feather Light Rolls

By Debbie Andersen



9-10 cups whole WHEAT flour	
2 $\frac{1}{2}$ TBsp dry yeast	4 Large eggs
$\frac{1}{2}$ cup dry milk	4 tsp salt
3 cups warm water	
2/3 cup oil	
$\frac{1}{2}$ cup honey	1 TBsp Dough Enhancer (opt)

- Mix 5 cups flour, yeast & dry milk in large bowl.
- Add: water, oil, honey & dough enhancer. Mix well 1-2 in. Turn off mixer-cover-and let sit for 10 min.
- Add: eggs, salt, mix then add rest of flour 1 cup at a time until dough cleans the side of the bowl.

Knead 5-6 min. Shape into rolls. Let rise until very light. Bake at 350 degrees 18-20 min. (don't over bake)

# Zucchini Bread

By Valerie Lee

3 eggs  
2 tsp vanilla  
2 c. zucchini, shredded  
1 c. crushed pineapple  
1 c. oil  
2 c. sugar  
1 c. wheat flour  
2 c. white flour  
1 tsp salt  
2 tsp baking soda  
 $\frac{1}{2}$  tsp. baking powder  
2 tsp cinnamon  
1 c. nuts (or raisins)



Mix well, Bake 1 hour 350,  
2 Large loaves or 3 small loaves.

## Healthy Harvest Muffins

$\frac{3}{4}$ c. WHEAT flour	2 ripe bananas, mashed well
$\frac{3}{4}$ c. white flour	$\frac{1}{3}$ c. buttermilk (or regular milk)
$\frac{3}{4}$ c. oatmeal	$\frac{1}{3}$ c. applesauce
$\frac{1}{2}$ c. brown sugar	1 tsp. vanilla
$1\frac{1}{2}$ tsp. baking powder	2 large eggs, beaten
$\frac{1}{4}$ tsp. baking soda	1 c. chocolate chips
$\frac{1}{2}$ tsp. cinnamon	1 c. chopped walnuts
$\frac{1}{2}$ tsp. salt	



Combine all dry ingredients (except chips and nuts) in a large bowl. In a separate bowl combine all wet ingredients. Add wet to dry stirring just until moist. Add nuts and chips. Scoop into greased muffin tins. Bake at 375 for about 12-15 min. Or till toothpick comes out clean.

## Oatmeal Honey Bread

- 2 c. Quick oats (regular work fine too)
- 2 c. Boiling Water 1
- c. Honey

► Combine in mixer. Let set 2 min. Then add:

- $\frac{1}{4}$  c. butter or margarine
- 2  $\frac{2}{3}$  c. water wheat
- 2 c. flour
- 2 c. white flour (or bread flour)
- 1 Tbsp. salt
- 3 Tbsp. dry yeast
- 2 Tbsp. dough enhancer (opt.)
- $\frac{1}{4}$  c. gluten (opt.)

► Mix together and then add:

5-6 c. white flour - Add 1 cup at a time until it comes away from sides of bowl

- Knead on counter a couple times and **Split dough into 4 equal lumps.**
- Roll out in a square and then roll up like a cinnamon roll and place in greased bread pan.
- Place pans in an oven that has been on warm that you have **TURNED OFF.**
- **Let rise in warm oven for 30-40 min.** Cover loaves with a towel while rising.
- Remove towel and turn oven to 350, set timer for 25 -30 min. (this includes the pre-heating time)
- Take out when golden brown on top. Remove and cool on rack.



"To a great extent we are physically what we eat. Most of us are acquainted with some of the prohibitions, such as no tea, coffee, tobacco, or alcohol. What needs additional emphasis are the positive aspects ---the need for vegetables, fruits, and grains, particularly wheat. In most cases, the closer these can be, when eaten, to their natural state --- without over-refinement and processing, the healthier we will be. To a significant degree, we are an over-fed and undernourished nation digging an early grave with our teeth, and

lacking energy that could be ours because we overindulge in junk foods." Pres. Ezra T. Benson

Scriptures: "If ye are prepared ye shall not fear" (D&C 38:30), Phil. 4:13, 1 Nephi 3:7

**Discover the Wonderful World of Wheat**

