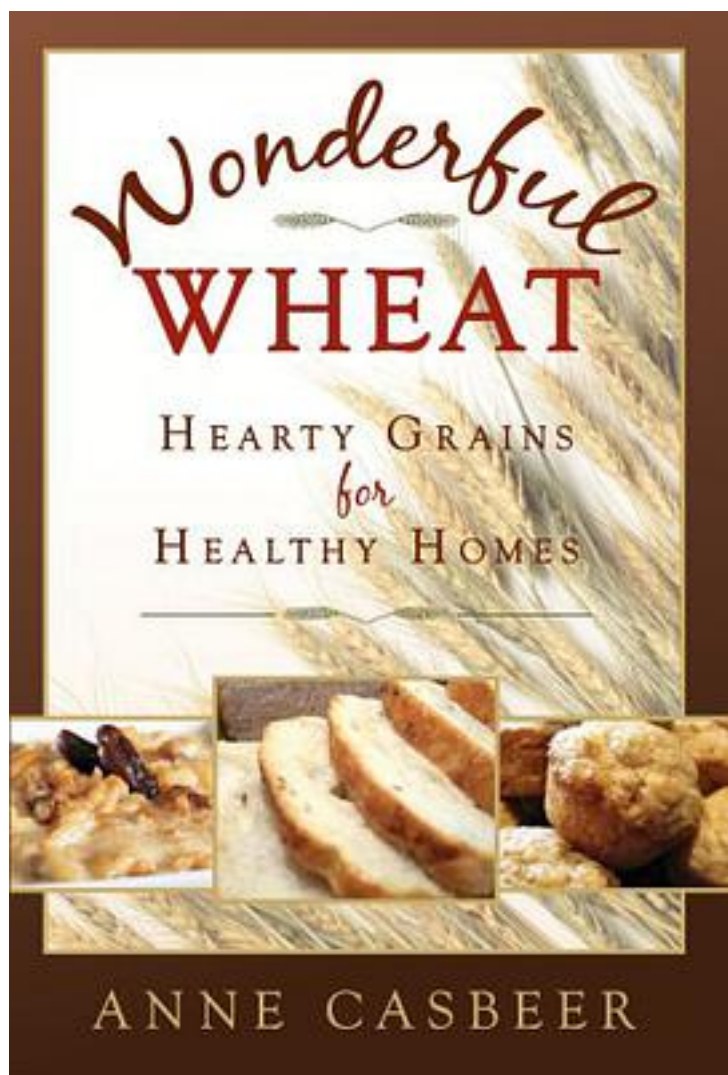


Wonderful Wheat



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Need to use your food storage but not sure how? Want to beat the high cost of food? Learn the ins and outs of cooking with wheat. Use this cookbook to make nutritious, delicious foods at home. Wonderful Wheat: Hearty Grains for Healthy Homes gives wheat a new look and a new taste with recipes for breads, crackers, soups, meats, cookies, and more Learn how to make whole wheat pretzels, graham crackers, muffins, and casseroles. This recipe book takes you back to the basics: using wheat in everyday cooking for healthy, simple, and inexpensive meals. It also includes affordable ideas for making common household products, such as teeth whitener, cough suppressants, deodorants, and insect repellent. The perfect book for families with food storage and those wanting to save money, Wonderful Wheat is an indispensable addition to every home.

作者介绍:

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