

Recipes



Emmer Noch

Ingredients

1½ c	spelt	2 Tbsp	grape seed oil
¾ c	diced carrot	½ c	dried apple
¾ c	diced celery	4 Tbsp	apple juice
1 c	green onion	2 tsp	sea salt
1 c	frozen peas	1 Tbsp	fresh rosemary
¾ c	sunflower seeds	¼ tsp	ground cloves



Procedure

Steam spelt for 50 minutes with 1 gallon of water. Cool.

Combine last six ingredients into a dressing- just stir, don't use the blender.

Toss dressing into spelt, add remaining ingredients and toss thoroughly together. Chill.

Makes about 6 cups.

