

19 Free Recipes

Fun Ways to Use Your Wheat Grinder



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Bean Flour Cream of Chicken Soup

Ingredients

- 5 T. Ground White Bean Flour
(made from about 4 T. beans)
- 1 $\frac{3}{4}$ c. water
- 4 tsp. chicken bouillon



Cream of Chicken Soup

Instructions

Combine all ingredients in a small saucepan and whisk together. Cook at a medium temperature until thick and delicious (whisking frequently). The soup should cook in 3 minutes! Make sure to allow it to cook for the full time as beans should be fully cooked before consuming.

This recipe will replace one can of cream of chicken soup for any recipe.

Add powdered freeze-dried mushrooms or celery to make other varieties of cream-based soups.

Enchilada Pie

Ingredients

- 1 1/2 c. cooked black beans
- 1/4 c. dehydrated onion
- 1 batch of bean flour cream of chicken soup (*see recipe on page 1*)
- 1 (4oz) can diced green chilies
- 1 large can enchilada sauce
- 6 whole wheat tortillas (*see recipe on page 17*)
- 2 c. of freeze dried cheese
- 2 c. of freeze dried chicken



Enchilada Pie

Instructions

Cook tortillas, and black beans. Hydrate freeze-dried chicken and cheese by soaking in water for a few minutes (the measurements given are the ingredients dry).

While chicken and cheese are hydrating make cream of chicken bean sauce.

Add beans, onions, cream of chicken sauce, diced green chilies, enchilada sauce, and chicken in a large bowl.

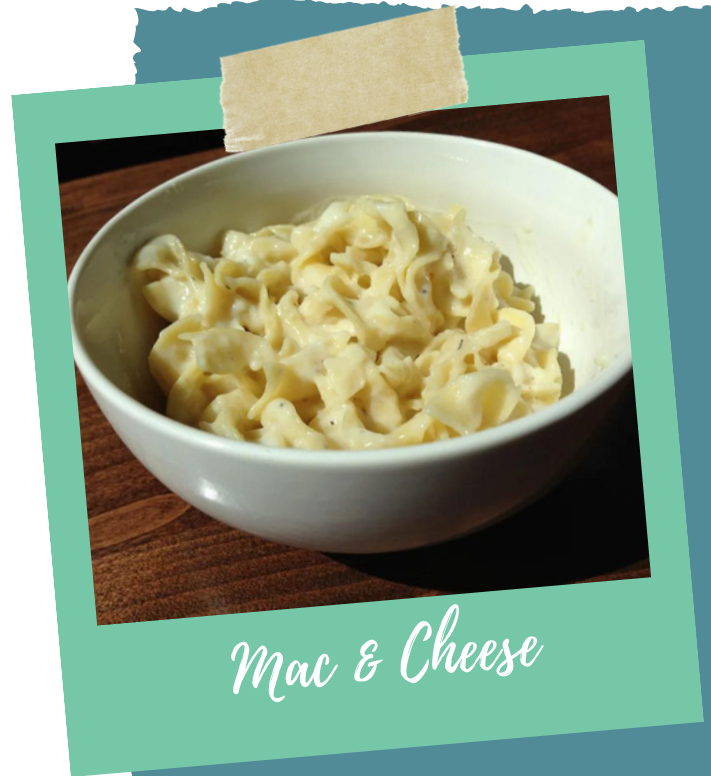
Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers.

Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares.

Homemade Mac & Cheese

Ingredients

- 3 c. macaroni noodles
- 5 T. fresh ground white bean flour
- 1 c. water
- 3/4 c. milk
- 2 tsp. seasoned salt
- cheese cubes (optional)
- ham cubes (optional)



Instructions

Cook noodles according to package directions. Drain and set aside.

Grind 1/4 c. of white beans in your wheat grinder to make about 5 T. of bean flour. Put 1 c. of water in large saucepan. Slowly whisk in ground bean flour. Continue to whisk frequently until starts to thicken and bubble.

Slowly stir in milk until it's a nice thickish liquid consistency. Add seasoned salt and stir.

Add in the macaroni noodles. Add in a little more milk if it seems too thick. Add ham and cheese cubes right before serving.

Beef Stew

Ingredients

- 4 c. potatoes, cubed
- 2 c. carrots, sliced
- 1 package onion soup mix
- 2 cans roast beef
- 1 c. water
- Juices from 2 cans of roast beef
- 4 T. white bean flour



Instructions

Cut up potatoes and carrots. Add the juice from ONE of the cans of meat, the onion soup mix, and 1 cup of water to pressure cooker (You can boil on the stove, but you'll need more water). It only takes 8 minutes in the pressure cooker. Once cooked, set aside.

Combine the juice from the other can of meat with 4 tablespoons of white bean flour (grind in your wheat grinder). Make sure you mix it well. Bring to a boil. Add the meat and warm. Add cooked potatoes and carrots. Salt and pepper to taste.

Raspberry Almond Cookies

Ingredients

- 1 1/3 c. raw almonds, processed into almond meal (about 1.5 c. almond meal)
- 1/4 c. fresh ground brown rice flour
- 2 T. ground flax seed
- 1/4 tsp. + 1/8th tsp fine grain sea salt
- 1 tsp. aluminum-free baking powder
- 1/2 c. raw almond butter
- 1/4 c. + 3 T. pure maple syrup
- 1/2 tsp. almond extract
- 5-6 T. raspberry jam
- 1/3 c. shredded coconut, for rolling



Raspberry Almond Cookies

Instructions

Preheat oven to 350F and spray a large baking sheet with oil or line with parchment paper. If making almond meal, place raw almonds into a high-speed blender. You can use store bought almond meal.

In a large bowl, whisk the dry ingredients (almond meal, rice flour, ground flax, salt, and baking powder). Break up any clumps with your fingers. In a smaller bowl, mix the almond butter, maple syrup, and almond extract. Add wet mixture to dry mixture and combine.

Shape dough into 1.5 T balls. If dough is sticky, place in the fridge for 15-20 minutes. Roll balls in coconut. Place dough balls 1.5-2 inches apart on the baking sheet. Press your thumb into the middle of the ball and shape a small well. Add 1 tsp of jam into each well. Bake at 350F for 10-12 minutes, watching closely after 9 minutes. Cool on sheet for 5 minutes and then transfer to a cooling rack.

Rice Flour Crepes

Ingredients

- 1 c. rice flour (about 3/4 white rice ground in wheat grinder)
- 1 c. milk
- 2 eggs
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 T. melted butter



Instructions

Grind your rice into rice flour, using a fine setting if possible. Mix all ingredients until smooth.

Pour into a hot non-stick skillet about 1/4 cup of batter at a time. Turn the skillet around to let the batter spread out into a thin circle. Cook about 30 seconds on each side.

Serve with jam, syrup, fruit, honey, Nutella, powdered sugar ... whatever your heart desires. YUM!

Easy Ezekiel Bread

Ingredients

- 2 1/2 c. wheat berries
- 1/2 c. spelt
- 1/2 c. barley
- 1/2 c. millet
- 1/4 c. dry green lentils
- 2 T. dry great Northern beans
- 2 T. dry kidney beans
- 2 T. dried pinto beans
- 4 c. warm water (110 degrees F)
- 1 c. honey
- 1/2 c. olive oil
- 2 (.25 oz) packages active dry yeast
- 2 tsp. salt



Instructions

Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes.

Stir all of the grains and beans together until well mixed. Grind in a grain mill. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes. The dough will be like that of a batter bread. Pour dough into three greased 9 x 5 inch loaf pans.

Let rise in a warm place for about 1 hour, or until dough has reached top of the pan. Bake at 350 degrees F for 45 to 50 minutes, or until loaves are golden brown.

To make a true Ezekiel bread you can sprout the grains and legumes first, dehydrate for 12-18 hours, and then grind them to make the flour.

Multi-Grain Pancakes

Ingredients

Multi-Grain Flour

- 1 part barley
- 1 part popcorn
- 1 part brown rice
- 3 parts hard white wheat

Multi-Grain Pancakes

- 1/2 c. multi-grain flour mixture
- 1/2 c. all-purpose flour
- 1 T. sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 egg, beaten (can use powdered eggs)
- 1 c. milk (can use powdered milk)
- 2 T oil



Multi-Grain Pancakes

Instructions

Grind all flour ingredients using a wheat grinder.

In a medium bowl, combine dry ingredients.

In a small bowl, combine wet ingredients.

Mix the wet and dry ingredients together and stir, but don't over-mix. Pour onto a 350 degree griddle. Makes about 8-12 pancakes depending on the size you make them.

Buttermilk Cornbread

Ingredients

- 1/2 cup butter
- 2/3 cup white sugar
- 2 eggs
- 1 cup buttermilk
- 1/2 tsp. baking soda
- 1 cup fresh ground corn meal
- 1 cup fresh ground whole wheat flour
- 1/2 tsp. salt



Instructions

Preheat oven to 375 degrees. Grease an 8 inch square pan.

In a large bowl combine melted butter and white sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan.

Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean.

IHOP Corn Pancakes

Ingredients

- 1 1/4 cups fresh ground wheat flour
- 1/3 cup fresh ground corn meal
- 1 egg (can use powdered eggs)
- 1/3 cup granulated sugar
- 1 1/2 cups buttermilk
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 cup vegetable oil
- 1/2 tsp. salt



Instructions

Preheat a skillet over medium heat.

Spray skillet with nonstick spray.

Combine all ingredients in a large bowl with a mixer set on medium speed. Mix until smooth, but don't over mix.

Pour the batter by 1/4 – 1/3 cup portions into the hot pan and cook for 1 to 3 minutes per side or until brown. Repeat with remaining batter.

WonderFlour

Ingredients

WonderFlour

- 2 cups Brown Rice
- 2 cups Pearled Barley
- 2 cups Spelt



Instructions

Combine grains into a large bowl.

Pour into your wheat grinder to make a fine flour.

Substitute for all-purpose white flour in any recipe (may need to add about 1/2 cup extra flour per 3 cups of flour called for in the recipe if too sticky).

Cream Cheese & Jam Cookies

Ingredients

- 2 c. butter – room temp.
- 2 c. white sugar
- 2 eggs
- 2 tsp. vanilla
- 1 c. sour cream
- 6-7 c. wonder flour
(see recipe on page 11)
- 2 tsp. baking soda
- 1 tsp. salt

- Jam, any flavor
- 4 oz. cream cheese
- 1/2 tsp. almond extract



Instructions

Prepare cookie dough using the wonderflour (start with 6 cups flour and add more of dough is too sticky to roll out). Roll onto a sheet of plastic wrap and cover with another sheet. Place in the freezer or refrigerator until completely chilled, about 20-30 minutes. Soften cream cheese in the microwave until it spreads easily. Mix in 1/2 tsp. almond flavoring. Preheat oven to 350.

Use matching cookie cutters in different sizes. Use the larger cookie cutter to cut out your shapes. Spread half of the shapes with cream cheese mixture and set aside. Cut a smaller shape out of the other half of the larger cutouts and set aside (you can make mini cookies later). Carefully place one of the shapes with a hole in it on top of each cream-cheese-covered shape making a dual-layered cookie. Bake for 8-12 minutes or until golden brown.

Remove from oven and cool for 5 minutes. Transfer to a wire rack and allow to cool completely. Spread jam into the center of each cookie.

Whole Grain Banana Muffins

Ingredients

Wet Ingredients

- 1 ½ Ripe Bananas
- ½ c. Honey
- ¾ c. Applesauce
- 1 Egg

Dry Ingredients

- 2 c. wonder flour
- *(see recipe on page 11)*
- ¾ tsp. Baking soda
- ¾ tsp. Baking powder
- ¾ tsp. Salt
- 1 ½ tsp. Cinnamon
- Optional: Nuts, raisins, chocolate chips



Instructions

Mash the bananas in a bowl and add the remaining wet ingredients until smooth.

Grind up the grains of your choice making two cups worth of flour. Mix the dry ingredients together and fold them into the wet ingredients. Should be a light and airy batter.

Scoop into 12 greased muffin tins. Bake at 350 degrees for 15-18 minutes.

BEST Whole Wheat Bread

Ingredients

- 7 c. fresh ground whole wheat flour
- 2/3 c. vital wheat gluten
- 2 1/2 T. SAF instant yeast

- 5 c. hot water (120-130 F)

- 2 T. salt
- 2/3 c. oil
- 2/3 c. honey or 1 c. sugar
- 2 1/2 T. bottled lemon juice

- 5 c. fresh ground whole wheat flour



Instructions

This recipe makes 6 loaves of bread. I usually half the recipe, make 2 loaves of bread and one pizza dough for dinner that night.

Mix first three ingredients in your mixer with a dough hook. Add water and mix for 1 minute; cover and let rest for 10 minutes. Add salt, oil, honey or sugar, and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from the sides of the bowl. This makes very soft dough.

Spray counter with pam and take dough out of the bowl. Do NOT flour your counter, this will add dryness you don't want in the bread. Separate dough into bread pans, and let rise until double in size. Bake at 350 for 22-30 mins or until browned.

Deep Dish Pizza

Ingredients

2 1/2 C. Medium Hot Water
5 tsp. SAF Instant Yeast
2 T. Sugar
3 T. Oil
1 tsp. Salt
6 c. Fresh Ground Whole Wheat Flour
1/2 Cube of Butter



Instructions

Makes enough dough for two pizzas, or one pizza and a loaf of bread or some breadsticks.

Pour medium hot water in mixing bowl. Sprinkle yeast on top and allow to dissolve. Add sugar, salt, and oil. Gradually add the flour. Melt 1/2 cube of butter on a large sheet pan in oven as it is heating to 400 degrees.

Place dough on sheet pan and press to fill pan, make sure butter gets on top of the dough. Add your sauce, cheese, and toppings. Cook for 10 to 12 minutes or until cheese is slightly browned and the crust is firm.

Homemade Lasagna

Ingredients

- Cooked lasagna noodles (12 noodles)
See recipe below
- Marinara sauce of your choice
- Ricotta cheese or Cottage cheese
- Grated mozzarella cheese

Whole Wheat Noodles

- 1 1/2 c. semolina flour
- 1 1/2 c. fresh ground wheat flour
- 1/2 tsp. salt
- 4 eggs
- 1/4 c. water
- 1/4 c. olive oil



Instructions

Noodles:

Combine semolina, flour, wheat flour, and salt. Beat eggs lightly. Mix eggs, water and oil. Stir into flour mixture until a stiff dough forms. You may need to add a little more flour. Knead 10 minutes or until dough is elastic. Let rest, covered for 20 minutes. Roll out thinly. Cut into desired shape or shape with pasta rolling machine. Cook in boiling, salted water for 2-5 minutes.

Lasagna:

In a 9×13 pan spread small layer of marina sauce at the bottom of the pan. Place a layer of cooked noodles to cover the pan. Spread a layer of sauce, ricotta or cottage cheese, and mozzarella cheese. Repeat for 3 layers. Cook at 350 for 40 minutes.

Whole Wheat Tortillas

Ingredients

- 3 c. fresh ground wheat flour
- 1/2 tsp. baking powder
- 1 tsp. salt
- 1 c. warm water
- 1/3 c. cooking oil



Instructions

Mix all dry ingredients together. Add the oil, then the water. Knead for 5 minutes.

Roll the dough out so you can easily make equal pieces. Let dough rest 10 minutes. Separate into 12 pieces.

Roll thin (spray pam to help if there are sticking or dryness problems) or press with a tortilla press. Grill on both sides, they cook quickly (no need to grease the frying pan).

Eat! It doesn't take long to cook.

Whole Wheat Pumpkin Cake

Ingredients

• **Cake:**

- 4 eggs
- 1 2/3 c. sugar
- 1 c. cooking oil
- 1 large can pumpkin
- 2 c. fresh ground whole wheat flour
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp salt
- 1 tsp. soda

Frosting:

- 6 oz. cream cheese
- 3/4 c. butter
- 1 1/2 tsp. vanilla
- 3 c. powdered sugar



Instructions

Preheat oven to 350°. Beat eggs, sugar, oil, and pumpkin. Stir in dry ingredients. Mix well. Bake for 30-35 minutes in a 9×13 ungreased pan. Mix together frosting ingredients and pour on top. EAT AND ENJOY!

Whole Wheat "Rhodes" Rolls

Ingredients

- 7 c. fresh ground whole wheat flour
- 2/3 c. vital wheat gluten
- 2 1/2 T. SAF instant yeast

- 5 c. hot water (120-130 F)

- 2 T. salt
- 2/3 c. oil
- 2/3 c. honey or 1 c. sugar
- 2 1/2 T. bottled lemon juice

- 5 c. fresh ground whole wheat flour



Instructions

Follow directions for BEST Whole Wheat Bread Recipe found on p. 14

Once the dough is kneaded, form into small balls – remember they will raise after you take them out of the freezer. Place on a sheet of wax paper on a pan in the freezer, separated. Let them freeze for a few hours, so they are hard on the edges, and then put them in freezer bag – this is to stop them from clumping.

When ready to cook, remove from freezer and place on greased pan. Cover with plastic wrap sprayed with oil, and let rise for 2-3 hours. Bake at 350 for 15-20 minutes, or until golden brown

Recommended *Products*



WonderMill



Bosch Mixer



Wonder Jr.
Deluxe



NutriMill

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