

Word of Wisdom Helps



**Church of Jesus Christ
Oak Grove Restoration Branch**
Women's Department

Word of Wisdom Helps

This booklet is meant to accompany information
presented in a class at the
Church of Jesus Christ
Oak Grove Restoration Branch

The archived class may be accessed at
[www. OGRB.org](http://www.OGRB.org)
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Or visit
www.RunningWithTheGrain.blogspot.com



Compiled by Debbie Norman

Section 86 The Word of Wisdom

Introduction

This revelation, now known as the Word of Wisdom, was given through Joseph Smith, Jr., to a conference of high priests assembled at Kirtland, Ohio, February 27, 1833. It was described as "A word of wisdom for the benefit of the council of high priests, assembled in Kirtland, and the church; and also, the Saints in Zion. To be sent greeting, not by commandment, or constraint, but by revelation and the word of wisdom; showing forth the order and will of God in the temporal salvation of all Saints in the last days. Given for a principle, with promise; adapted to the capacity of the weak, and the weakest of all Saints, who are or can be called Saints."

1a Behold, verily thus saith the Lord unto you, In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation,

1b that inasmuch as any man drinketh wine or strong drink among you, behold, it is not good, neither meet in the sight of your Father, only in assembling yourselves together, to offer up your sacraments before him.

1c And behold, this should be wine; yea, pure wine of the grape of the vine, of your own make. And again, strong drinks are not for the belly, but for the washing of your bodies.

1d And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises, and all sick cattle, to be used with judgment and skill.

1e And again, hot drinks are not for the body or belly.

2a And again, verily I say unto you, All wholesome herbs God hath ordained for the constitution, nature, and use of man, every herb in the season thereof, and every fruit in the season thereof. All these to be used with prudence and thanksgiving.

2b Yea, flesh also, of beasts and of the fowls of the air, I, the Lord, hath ordained for the use of man, with thanksgiving. Nevertheless, they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine.

2c All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man, but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth; and these hath God made for the use of man only in times of famine and excess of hunger.

3a All grain is good for the food of man, as also the fruit of the vine, that which yieldeth fruit, whether in the ground or above the ground.

3b Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls, and for swine, and for all beasts of the field, and barley for all useful animals and for mild drinks and also other grain.

3c And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures;

3d and shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.

1e And again, hot drinks are not for the body or belly.

This verse could refer literally to the **temperature** of the things we drinks—soup, hot chocolate, herb tea, or whatever. There is evidence that hot drinks increase the risk of esophageal cancer.

What temperature of liquid should you be sipping? There is evidence that the greatest cancer risk occurs drinking fluid at 158 degrees F or above, but damage to the esophagus can begin at 149 degree. If you can stick a finger in your drink (wash your hands first!) and it feels very warm, but you can keep your finger in the fluid for at least 30 seconds, then it's probably safe to drink (around 105-120 degrees).

This verse could also refer to **coffee and tea**. I encourage you to pray about this. If you are ready to remove these drinks from your life, here are some tips to help you break your caffeine addiction. And make no mistake, **caffeine is definitely addictive**. If you don't believe this, just try stopping your caffeine habit cold turkey. These tips can help you free yourself from an addiction to caffeinated soda pops as well.

In general, the more caffeine consumed, the more severe withdrawal symptoms are likely to be, but as little as one standard cup of coffee a day can produce caffeine addiction, according to a Johns Hopkins study that reviewed over 170 years of caffeine withdrawal research. (https://www.hopkinsmedicine.org/Press_releases/2004/09_29_04.html)

According to the report, caffeine is the most widely used behaviorally active drug in the world. In North America, 80 percent to 90 percent of adults report regular use of caffeine. Average daily intake of caffeine among caffeine consumers in the United States is about 280 milligrams, or about one to two mugs of coffee or three to five bottles of soft drink, with higher intakes estimated in some European countries. In the United States, coffee and soft drinks are the most common sources of caffeine, with almost half of caffeine consumers ingesting caffeine from multiple sources, including tea.

Caffeine withdrawal symptoms may include headache; fatigue or drowsiness; shakiness and hand tremors; depression and irritability; difficulty concentrating or a “foggy brain;” and flu-like symptoms of nausea, vomiting and muscle pain or stiffness.

A simple, stepwise approach can often eliminate the need for a caffeine “fix” and help one avoid the most severe withdrawal symptoms. A systematic method of gradually reducing caffeine consumption over time by substituting decaffeinated or non-caffeinated products usually works best.

Here are some recommendations for gradually weaning from caffeine:

Expect it to be hard. Acknowledging the challenge upfront can help. Stay very well hydrated. Utilize headache relief remedies like magnesium, turmeric, and even ibuprofen to get through the worse first few days.

Improving your diet by eating more whole grains, fruits, and vegetables, and less refined foods can help ease withdrawal symptoms as well.

Coffee should be reduced by a 1/4 of a cup every two to three days. This is difficult if you don't make your coffee at home.

Tea can be reduced by cutting back 1/2 cup every two to three days.

Energy Drinks can be reduced by about 1/4 a can every two to three days.

Soda pop can be reduced by cutting back a 1/2 a can every two to three days or by a 1/4 of a 16 ounce bottle.

To make these cut backs, simply drink less of your caffeinated beverage, or water it down with a non-caffeinated beverage like sparkling water or herb tea.

Another method to wean off of coffee is to gradually switch from regular coffee to decaf. First alternate between decaf and regular, then slowly change to more decaf and taper off regular coffee. Finally, taper off of the decaf coffee. Tea may be handled the same way by gradually replacing caffeinated teas with herb teas.

If you enjoy the warmth of your coffee in the morning, consider alternatives to give you that warm, fuzzy feeling: warm herbal tea, a hot shower, cranking up the heater in the car, putting on soft cozy socks.

For caffeinated pop addiction: Try swapping the bubbles of cola for carbonated water, dotting essential oils on your wrist, or even taking a bubble bath.

For those mainly craving the stimulant effects of caffeine, try other activities to spike your energy like taking a quick walk, playing with a pet, or doing a brief exercise routine from YouTube.

Beverages to replace coffee and tea (and soda pop, too!)

Herb teas (served warm or cold, but not hot): Many delicious herb tea blends are available in stores. Just be sure to choose ones that say non-caffeinated. Try peppermint, ginger, raspberry leaf, or chamomile.

Coffee Substitutes: Many roasted barley coffee substitutes are available on the market. Other alternatives are roasted dandelion root and roasted chicory coffee substitutes.

Golden Milk (Not specifically Word of Wisdom)

Begin by making golden paste (which I find is an easy, inexpensive way to ingest turmeric). In a sauce pan, put 1/2 cup of water and 1/4 cup of turmeric powder. Stir. Simmer until the mixture thickens up like “paste.” Remove from the heat and add 1 teaspoon of black pepper and 2 1/2 Tablespoons of unrefined coconut oil. Stir until the coconut oil is melted and all ingredients are blended. Store in the refrigerator.

To make **golden milk**, add 1 1/2 teaspoons of golden paste to 1 cup of milk or non-dairy milk substitute. Add a drizzle of maple syrup or honey to taste. You may also add a sprinkle of cinnamon. Put all ingredients in a sealed container and shake until combined. For warm golden milk, warm the milk in a saucepan over low heat before whisking in the golden paste and other optional ingredients.

Switchel (Not specifically Word of Wisdom)

Switchel was a very popular drink in the 1800-1900’s. The basic recipe is vinegar + sweetener + water. Play around with proportions and other added ingredients! Here’s one combination to get you started.

3/4 cups blueberries (fresh or frozen and thawed)

3-1/2 cups water

1/4 cup pure maple syrup (more or less to taste)

1/3 cup raw apple cider vinegar

1/4 tsp unrefined salt (optional for electrolytes)

1 Tbsp balsamic vinegar

2 basil leaves (optional)

Put all ingredients in a blender and blend for about 15 seconds.

Refrigerate until cold, or pour over ice and serve. Add more water if the drink tastes too strong.

Barley Water (also called **Barley Tea**)

This is a **Word of Wisdom** drink based on verse 3b which indicates that barley is for mild drinks and also other grain.

Boil 8-10 cups of water. Remove from the heat and add 1 cup of unhulled barley. Steep for 1 hour and then strain. Drink the liquid.

Unhulled barley can be difficult to find, but there are online sources.

There are many who have shared testimonies of the health benefits of drinking several cups daily.

Vegetables and Fruits in Season

*2a And again, verily I say unto you, All wholesome herbs God hath ordained for the constitution, nature, and use of man, **every herb in the season thereof, and every fruit in the season thereof.** All these to be used with prudence and thanksgiving.*

“Herb” is commonly defined as is an herbaceous plant that lacks a woody stem and dies to the ground each winter (an annual plant). This definition encompasses vegetables as well as legumes such as beans and lentils.

Below are some lists to help you get started eating vegetables and fruits more seasonally. These lists are not meant to be exhaustive, but simply a helpful resource.

Winter Vegetables

Many fall vegetables are still in season in early winter.

Beets	Garlic
Bok choy	
Broccoli	Kale
Broccoli rabe	Leeks
Brussels sprouts	Mustard greens
Cabbage	Onions
Carrots	Pumpkin
Cauliflower	Radishes
Celery	Radicchio
Collards	Rutabagas
Endive	Shallots
Fennel	Sweet potatoes

Winter Fruits

Many fall fruits are still in season in early winter.

Apples	Lemons
Clementines	Oranges
Grapefruit	Pears
Kiwis	Persimmons
Kumquats	Tangerines

Roasted Winter Vegetables

- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled and seeded (about 2 pounds)
- 3 tablespoons good olive oil
- 1-1/2 teaspoons salt (unrefined preferred)
- 1/2 teaspoon black pepper (freshly ground if possible)
- 2 tablespoons chopped flat-leaf parsley

Preheat the oven to 425 degrees. Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.

Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle them with olive oil, salt, and pepper. Toss well.

Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula. Sprinkle with parsley, season to taste, and serve hot. Leftovers are great with cooked whole grains for a salad.

Winter Barley Stew with Hamburger

- 2 Tbsp extra virgin olive oil • 1/2 cup chopped onion
- 1 clove garlic, minced • 3 stalks celery, diced
- 1/2 pounds lean ground beef • 1 cup uncooked hulled barley
- 4 medium carrots, diced • 1 cup of shredded cabbage
- 3 large potatoes, diced • 1 (15-ounce) can tomatoes
- 4 cups vegetable broth • 3+ cups water
- 2 Tbsp tomato paste (optional) • 1 bay leaf
- 1/4 cup chopped fresh parsley or 2 Tbsp dried parsley
- 1/2 to 3/4 tsp salt • 1/8 tsp pepper

Sauté onion, celery, and garlic in EVO 2-3 minutes. Add hamburger and cook until browned. Add the rest of the ingredients. Cover and bring to a boil, then turn heat down to simmer.

Simmer for 40 minutes, or until barley and vegetables are tender, stirring occasionally and adding more water as needed for the desired consistency. Remove bay leaf before serving.

Serve with a sprinkling of Parmesan cheese and homemade bread or quick bread.

Spring Vegetables

Many winter vegetables are still in season in early spring.

Arugula	Kohlrabi
Artichokes	Lettuce
Asparagus	Morels and other mushrooms
Beets	Mustard Greens
Black-eyed peas	New potatoes
Broccoli	Nettles
Cabbage	Peas, and pea shoots
Carrots	Radishes
Collards	Rhubarb
Fava beans	Spring onions/green onions
Fennel	Spinach
Fresh herbs	Sugar snap peas,
Kale	Swiss chard

Spring Fruits

Many winter fruits are still in season in early spring.

Apricots	Lemons
Cherries	Nectarines
Clementines	Pears
Kiwis	Persimmons
Kumquats	

Here is another helpful resource.
On this website, you can select your home state and then the month and see what is in season in your specific area.

<https://www.seasonalfoodguide.org>

Spring Vegetable Custom Grain Bowl

3 cups cooked whole grain (wheat, barley, millet, sorghum, etc.)
1/2 tsp salt
2 Tbsp extra-virgin olive oil
1 Tbsp balsamic vinegar
2 cups of your choice of spring vegetables: steamed or roasted asparagus; cooked, sliced beets; chopped arugula, lightly steamed broccoli and/or peas, raw or steamed sliced carrots, chopped green onion, sliced celery, sliced radishes, boiled new baby potatoes.
2 ounces feta crumbled (about 1/2 cup)
1/4 cup chopped fresh flat-leaf parsley

Place cooked grain in a large bowl. Add salt, oil, vinegar, and vegetables. Stir gently to combine. Top evenly with cheese and parsley. Five 1 cup servings.

Broccoli and Spinach Magic Quiche

1 Tbsp butter or extra virgin olive oil
1/2 cup chopped onion
1/2 to 1 cup of shredded Swiss or cheddar cheese, or feta cheese
4 large eggs
2 cups of milk or non-dairy beverage
1/2 cup whole wheat flour (fresh ground, if possible)
1/2 tsp baking powder
1/4 tsp salt
1/2 cup steamed broccoli, finely chopped
1/2 cup chopped fresh spinach

Use butter or unrefined coconut oil to grease a 10 inch pie pan. Sauté onion over medium heat in the butter or extra virgin olive oil until translucent, about 5-7 minutes. Add spinach and cook until just wilted, about 1-2 minutes.

Spread cooked vegetables in pie pan. Spread cheese on top of vegetables. Beat eggs with milk, flour, baking powder, and salt in a bowl (or blend in a blender). Pour over vegetables and cheese.

Bake at 350 degrees Fahrenheit for 50 minutes, or until a knife inserted into the middle comes out clean.

Summer Vegetables

Many spring vegetables are still in season in early summer.

Asparagus	Garlic
Beets	Green beans
Bell peppers	Lettuce
Blueberries	Okra
Carrots	Potatoes
Corn	Tomatoes
Cucumbers	Yellow Squash
Eggplant	Zucchini
Fresh Herbs	

Summer Fruits

Many spring fruits are still in season in early summer.

Apricots	Mangoes
Blackberries	Nectarine
Blueberries	Peaches
Cantaloupe	Plums
Honeydew melon	Raspberries
Kiwi	Strawberries

Summer Smoothie

1 cup plain kefir (homemade is best)
1 banana
1/2 cup fresh strawberries, hulled
1 peach, pitted and sliced
1/2 cup blueberries

Pour kefir into blender. Add fruit. Blend on high speed until smooth.

Summer Mariana Grain-Stuffed Peppers

3 large bell peppers (cut in half lengthwise with membrane & seeds removed)
2-3 tablespoons extra-virgin olive oil (EVO), divided
1/2 cup chopped onion
2 cloves garlic, minced
2 cups cooked whole grains, any mix (millet, sorghum, quinoa, barley, etc.)
1 jar (23.5 oz.) Marinara sauce (choose one with natural ingredients)
2 tablespoons fresh basil, chopped or 2 teaspoons dried basil
1/2 cup Italian cheese blend, shredded

Pre-roast the peppers: Preheat the oven to 425 degrees. Place the halved peppers in 9 by 13-inch baking dish. Drizzle 1 tablespoon EVO over the peppers and rub the oil all over both sides of the peppers. Bake for 20 to 25 minutes, until easily pierced by a fork. Set aside. Leave the oven on for baking the peppers.

While the peppers are roasting, heat the remaining oil in a skillet over medium-high heat. Cook onion in oil 3 minutes; stir in garlic. Continue cooking 5 minutes longer or until onions are tender.

Stir in remaining ingredients except cheese. Heat 2-3 minutes, stirring frequently, until hot. Spoon about 1/2 cup mixture into each pepper half. Bake uncovered at 425 for 12 to 13 minutes, until the cheese is melted.

Summer Corn Salad

4 cobs of corn (about 3 cups corn kernels)
1 cup of cooked whole grains (barely, wheat, sorghum, etc.)
1 cup cherry tomatoes, quartered
1 cup cucumbers, diced
1/4 cup red onion, diced
4 Tbsp olive oil
4 Tbsp apple cider vinegar
Salt and pepper to taste
1/4 cup fresh parsley, chopped
Fresh basil or dill (optional)

Boil a large pan of water. Add the corn on the cob and cook for 3 minutes. Remove the corn from the pan and put immediately into a large bowl of ice water for a few minutes. Drain the corn well and cut the kernels off of the cob. Combine the corn kernels and all other ingredients in a large bowl and gently toss. Season with salt and pepper to taste.

Autumn Vegetables

Many summer vegetables are still in season in early autumn

Acorn squash	Garlic
Arugula	Kale
Beets	Parsnips
Broccoli	Potatoes
Brussel sprouts	Pumpkin
Buttercup squash	Rutabagas
Butternut squash	Spaghetti squash
Cabbage	Spinach
Cauliflower	Sweet potatoes
Celery	Swiss chard

Autumn Fruits

Many summer fruits are still in season in early autumn.

Apples	Kumquats
Cranberries	Pears
Figs	Persimmons
Grapes	Pomegranates

Autumn Slow Cooker Apple Squash Soup

- 1 large sweet onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 Granny Smith apple, peeled and sliced
- 1 small butternut squash (about 2 –1/2 pounds), peeled and diced
- 1/4 cup extra-virgin olive oil
- 2 Tbsp cider vinegar
- 2 Tbsp pure maple syrup (optional)
- 1 tsp dried thyme
- 1 tsp salt
- 1/2 tsp ground pepper
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Combine onion, garlic, broth, squash, apple, oil, maple syrup, vinegar, thyme, salt, pepper, cinnamon and nutmeg in a 5- to 6-quart slow cooker. Cover and cook on Low for 8 hours or on High for 4 hours.

When the time is up, remove the lid and stir well. Puree with an immersion blender or in batches in a blender. (Use caution when blending hot liquids.)

Autumn Sweet Potato Salad

- 3 large sweet potatoes, peeled and cubed (about 2 lbs.)
- 1 small red onion, thinly sliced
- 2 tbsp. extra virgin olive oil
- Salt
- Black pepper
- 1/2 cup dried cranberries
- 1/2 cup crumbled feta
- 1/4 cup chopped parsley

For the dressing ● 2 tbsp. apple cider vinegar ● 1 Tbsp. Dijon mustard
● 1 Tbsp. honey ● 1/2 tsp. ground cumin ● 1/4 tsp. ground paprika
● 1/4 c. extra-virgin olive oil

Preheat oven to 400 degrees. On a large rimmed baking sheet, toss sweet potatoes and red onion in oil then season with salt and pepper. Distribute them evenly in a single layer. Bake until tender, about 20 minutes. Let cool for 10 minutes then transfer to a large bowl.

Meanwhile, make dressing. In a small bowl whisk together vinegar, mustard, honey, and spices. Gradually pour in oil, whisking constantly until emulsified. Season with salt and pepper.

Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.

Autumn Burrito Spaghetti Squash Boats

- 2 medium spaghetti squash, halved, seeds removed
- Salt and pepper
- 1 Tbsp extra-virgin olive oil
- 1/2 tsp chili powder
- 1/2 tsp cumin

For filling ● 1 Tbsp extra-virgin olive oil ● 1/2 onion, chopped
● 2 cloves garlic, minced ● 1 Tbsp taco seasoning
● Salt and black pepper ● 1-1/2 cups black beans or 1 (15 oz.) can
● 1/2 pound of ground beef ● 1 cup corn
● 1-1/2 cup chopped cherry tomatoes ● 1/2 cup shredded cheddar
● 1/2 cup shredded Monterey jack ● 2 Tbsp chopped cilantro (optional)

Preheat oven to 400 degrees. Drizzle cut sides of spaghetti squash with oil and season with salt, chili powder, and cumin. Place cut side down on a large, rimmed baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly. Using a fork, break up squash strands.

Meanwhile, make filling: In a large skillet over medium heat, heat olive oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat. Stir in taco seasoning, then season to taste with salt and pepper. Stir in black beans, cherry tomatoes, and corn.

Fill each spaghetti squash with filling mixture and top with cheeses. Return to oven to melt cheese, 5 minutes. Garnish with cilantro.

2c All grain is ordained for the use of man and of beasts, to be the staff of life . . . 3a All grain is good for the food of man, as also the fruit of the vine, that which yieldeth fruit, whether in the ground or above the ground. 3b Nevertheless, wheat for man . . .

Using Grains in Their Whole Form

Since God has told us that grains are the staff of life, it is important to find ways to incorporate more of them in our diets. Learning to use grains in their whole unprocessed form is an easy way to eat more whole grains while getting the most nutrition from them.

Buy whole grains at the local natural foods store or from online sources. They do not need to be refrigerated or frozen, but simply stored in an air-tight container in a cool place.

Try cooking a batch of whole grains once a week and storing them in the refrigerator for convenient use. Rotate the weekly grains you cook!

Wheat berries, millet, oat groats, sorghum (grain), and barley are all good options.

Rinse whole grains under cool water before cooking to wash away any dust or dirt. Some sources suggest soaking whole grains in water overnight before cooking. This step, while shortening cooking time, is optional. Recipes in this booklet are for unsoaked grains.

An Instant Pot makes cooking whole grains quick and easy, but you can also cook them on the stove top or in a slow cooker.

Cooked whole grains can also be easily frozen. After cooking, drain excess fluid and cool the grains completely. Then transfer them to freezer bags and seal. Lay the bag flat on a freezer shelf and spread out the grain inside. Cooked grains will keep in the freezer for several months.

Brown rice is also a whole grain, but recent research shows rice tends to contain concerning levels of the toxic heavy metal **arsenic**. Eating organic rice will not help, as the arsenic is not from chemicals applied to the crop, but from soil contamination and the way rice grows in flooded fields.

Be aware that rice grown in the Southern United States, particularly Texas and Louisiana, has higher levels of arsenic, while rice grown in California seems to have the lower levels.

To reduce the arsenic in your rice, first place the rice in a fine mesh strainer and rinse it until the water runs clear. Then cook the rice in a ratio of one cup of rice to six cups of water, draining the extra water once the rice is done. One study suggested following these steps has the potential to remove up to 57 percent of the arsenic.

Of course, these steps can also reduce nutrients in the rice. I chose to substitute other whole grains in most recipes calling for rice.

Wheat Berries

God tells us in the Word of Wisdom that wheat is for man. Whole wheat berries are a great way to add unprocessed whole grain wheat to our diets.

The different varieties of wheat will require slightly different cooking times. Hard red wheat tends to take a little longer than hard white wheat. Soft wheat berries (red or white) cook faster than hard.

Instant Pot Cooking

One cup of wheat berries to 3 cups of water.

Stir once and seal the lid. Cook for 35 minutes for hard red wheat and quick release the pressure, or cook 27 minutes and allow at least 10 minutes of natural pressure release. For hard white wheat berries, cook for 30 minutes with quick release. For soft wheat berries, cook 20 minutes with quick release.

Test for doneness. Wheat berries will be chewy when done, but if they are still tough or overly chewy, cook them a bit longer with the sauté setting. Once they are done, drain any excess water. The easiest way to drain them is with a sieve.

Stovetop Cooking

One cup of wheat berries to 3 cups of water.

Bring the water to a boil in a medium saucepan. Add 1 cup wheat berries and reduce the heat. Cover and simmer until tender, checking periodically for doneness after 25 minutes. Soft wheat berries can cook in as little as 30 minutes, whereas hard ones sometimes need as much as 90 minutes. Have patience, and keep simmering until the grains are done. They will be chewy, but should not be hard or tough. When the wheat berries are done, drain any excess water.

Using a Slow Cooker

One cup of wheat berries to 2-1/2 cups of water.

Cook on low for 5 to 6 hours (or overnight) or high for 3 hours. Check for doneness. When done, drain excess water.

Add **cooked wheat berries** to just about any salad. Adding them to soups and chili allows for a reduction of meat while still making a hearty satisfying dish. Use them in pilafs instead of rice. They make a great base for a grain bowl. Or just eat a bowl with milk and honey for breakfast.

Easy Wheat Berry Salad (Great for make ahead lunches)

For each serving, combine **1/2 cup of wheat berries** with the several **vegetables** and **toppings** of your choice. (Choose your favorites, what is in season, or simply what you have on hand.)

Add dressing just before serving. A simple homemade extra virgin olive oil (EVO) and vinegar combination is tasty and healthy. I like to use balsamic vinegar or raw apple cider vinegar.

Simply pour the olive oil over the salad and toss, then add the vinegar and toss again. Use a proportion of about 1 part olive oil to 3 parts vinegar. Start with one tablespoon of EVO and one teaspoon of vinegar and adjust to your taste.

Sprinkle with salt and pepper to taste.

Other whole cooked grains can be substituted for wheat.

You can **make this salad ahead** for a week's worth of lunches! Don't add dressing to make ahead salads. (Put it in a separate container.) Add any selected cheeses the morning of use. Avoid pre-slicing tomatoes or avocados.

Vegetables

(Chopped, diced, or shredded)

Onion
Green onion
Celery
Carrots
Cabbage
Sweet peppers
Radishes
Roasted broccoli
Roasted Brussel sprouts
Romaine or leaf lettuce
Cucumbers
Roasted sweet potatoes
Corn
Avocados
Tomatoes

Salsa

Chopped fresh parsley
Chopped walnuts
Chopped almonds
Chopped pecans
Sunflower seeds
Pumpkin seeds
(I think raw nuts and seeds are most nutritious.)
Cooked beans (Chickpeas, lentils, black beans)
Cheese (Feta, Cottage cheese, shredded cheddar or Colby, Parmesan)

Other toppings:

One of my favorite combinations is wheat berries with torn leaf lettuce, chopped carrots, pumpkins seeds, and cottage cheese. I do not put dressing on this combo.

Hearty Oatmeal & Wheat Berry Hot Cereal

For one serving. Multiply as needed for the desired amount.

1/3 cup old-fashioned rolled oats (freshly rolled if possible)
2/3 cup water
1/4 to 1/3 cup cooked wheat berries (or other cooked whole grain of your choice. Millet and sorghum also work well.)

Salt to taste

1/4 teaspoon ground cinnamon

1 teaspoon unrefined coconut oil

Milk

Optional:

1/8 to 1/4 cup raisins or other fruit

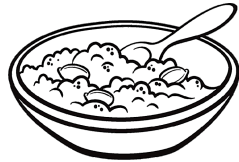
1/8 to 1/4 cup chopped walnuts, pecans, or almonds

Honey

(Cook wheat berries ahead according to instructions in this booklet.)

Pour the water into a sauce pan. Add the oatmeal and stir until moistened. Add the cooked wheat berries. Turn the heat to high and bring to boil, then turn off heat, but leave the pan on the hot burner for about 5 minutes. (From experience, don't leave the kitchen with your pan on the burner set to high!)

Remove from heat. Add coconut oil, salt, cinnamon. Stir until coconut oil is melted. Spoon into a bowl, top with optimal fruit and nuts, if desired. Drizzle with honey if desired and pour milk over the cereal.



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Wheat Berry Lunch Bowl

1-1/2 cups cooked wheat berries

1 red pepper diced

1 cup of sliced radishes

3 green onions thinly sliced

1/4 cup chopped fresh parsley

1/2 cup almonds, chopped

1 pear cored and chopped

An apple may be substituted for the pear.

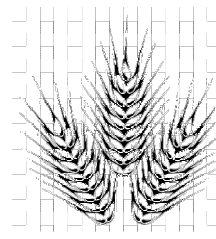
1 Tbsp balsamic vinegar

1/2 teaspoon Dijon mustard (optional)

3 Tbsp extra virgin olive oil

Salt and pepper to taste

In a large salad bowl combine all dressing ingredients and whisk to combine. Add salad ingredients on top of dressing. Toss well to combine. Serve immediately, or refrigerate in an air tight container for several days. This recipe makes about 4 servings.



Barley

Barley has a mild nutty flavor and slightly chewy texture that is pleasing in soups and salads. It also makes a great breakfast bowl. Barley is naturally slightly gelatinous and useful to thicken soups and stews. Use it in any recipes calling for whole cooked grains.

Unhulled barley is edible, but it requires 24 hours of pre-soaking and then a very long cooking time. Even after that most people still find the tough outer hull difficult and unpleasant to chew. Buy unhulled barley to sprout, grind into flour, or to make barley water (also called barley tea).

Hulless barely is a special variety with a loose outer hull that naturally falls off during harvesting, so it does not need to go through the extra process of stripping the outer hull. It is considered whole grain.

Hulled (dehulled) barley is also considered whole grain although some of the bran may be lost in the process of removing the tough outer hull.

Pot or Scotch barley goes through three pearlings to remove the most of the hull and some of the bran. It is more nutritious than pearl barley, but it is **not whole grain** like hulled barley. It is not recommended.

Pearled barley is a refined grain product and is **not recommended**. It goes through five or six pearlings, removing all of the hull, plus most of the bran and germ.

One cup of dried hulled barley makes about 3 cups of cooked barley.

Instant Pot Cooking

One cup barley to 2-1/2 cups water.

Rinse the barley in a sieve before cooking to lessen the stickiness of the grain after cooking. (Barley tends to be gelatinous and can turn a bit "slimy" if not pre-rinsed.) Cook for 25 minutes, then allow release for 15 minutes. Test for doneness. If needed, cook a bit longer with the sauté setting. Drain off any excess water. (The water may be saved to use in other recipes.)

Stovetop Cooking

One cup barley to three cups of water.

Bring the water to a boil. Add the pre-rinsed barley (see above) and return to boil. Cover, reduce heat to low and cook 50-55 minutes or until barley is tender. Drain any excess water after cooking.

Slow Cooker Cooking

One cup barley to 2-1/2 cups water.

Cook on high 3-4 hours or on low 5-6 hours (or overnight) or until barley is tender. Drain excess water.

Savory Barley & Lentil Bowl

- 3/4 cup hulled barley
- 3/4 cup brown lentils
- Salt and Black pepper
- 1/4 cup extra-virgin olive oil
- 2 tablespoons raw apple cider vinegar
- 1 tablespoon fresh dill chopped (or 1 teaspoon dry)
- 1 tablespoon fresh parsley chopped

Place barley, 1/2 teaspoon salt, and approximately 4 cups water in a medium saucepan. Bring to a boil, reduce heat to low, cover, and simmer for 10 minutes. Add brown lentils to pot. Simmer for 20 minutes, or until lentils and barley are fully cooked. Meanwhile, whisk together the olive oil, vinegar, dill, parsley, 3/4 teaspoon salt, and 1/4 teaspoon black pepper in a large bowl. Drain the barley and lentils of any extra water. Mix barley and lentils with dressing in the large bowl. Cover and chill for at least two hours. Serve cold.

Overnight Barley Breakfast Bowl (one serving)

- 3 Tbsp cooked barley
- 1 Tbsp chia seeds (optional)
- 1/4 cup plain Greek yogurt
- 1/4 cup milk
- 1 teaspoons pure maple syrup (optional)
- 1 apple, diced (or substitute a sliced banana or fresh berries)
- 1 Tbsp nuts (Try hazelnuts, walnuts, or chopped almonds.)

Combine all ingredients. Refrigerate overnight for a quick breakfast.

Slow Cooker Barley and Chicken Chili

- 1/2 lb. boneless chicken breasts or thighs, cut bite-sized
- 3 cups or 2 cans pinto or black beans, drained
- 1-1/2 cups of corn, fresh or frozen
- 1 cup barley uncooked ● 4 cups water
- 1 can diced tomatoes ● 1 small can tomato sauce
- 1 Tbsp chili powder, or to taste ● 1 tsp cumin
- 1 tsp dried oregano

In a slow cooker, combine all ingredients. Cover and cook on low for 6 to 8 hours or on high for 4 to 6 hours, stirring once half way through cooking time, especially around the bottom edges. Add more water, if required. Serve with shredded cheddar cheese, diced cucumbers, lettuce, and sliced green onions.

Oat Groats

With their hearty, chewy texture and slightly sweet, nutty flavor, whole oat groats are great for grain bowls, salads, stews, hot cereal, and more. Grind them with a home mill to create fresh oat flour for baked goods. Oat flakers are also available to roll them into fresh oatmeal right in your kitchen!



Be aware that unless you buy special oat groats for sprouting, the groats you buy will not be raw. Because oat groats are high in fat (lipids) they must be stabilized by light toasting or steaming. Otherwise, once removed from their protective hulls and exposed to air, enzymatic (lipase) activity begins to break down the fat into free fatty acids, ultimately causing an off-flavor or rancidity. Oats begin to show signs of enzymatic rancidity within four days of being dehulled if not stabilized.

One cup of dry oat groats makes about 3 cups of cooked oats.

Stovetop Cooking

One cup of oat groats to 3 cups of water.

Bring to a boil and then simmer until tender, about 30-40 minutes. Drain excess water. For creamier texture, add oats to water before bringing it to a boil.

Slow Cooker Cooking

One cup oat groats to 3 cups water.

Cook on low for 5 hours or high for 2 hours. Test for doneness. You may also cook them on low overnight for a ready-to-serve breakfast. Drain excess water.

Instant Pot Cooking

One cup of oat groats to 3 cups water.

Cook for 15-20 minutes. Natural release the pressure. Test for doneness. If needed, cook them a bit longer with the sauté setting. Drain excess water.

Overnight Breakfast Oat Groats (makes 6-7 cups)

- 2 cups uncooked oat groats
- 2 tsp cinnamon, or a combination of cinnamon, nutmeg, ginger
- 2 tsp salt ● 3 cups water
- 2 or more apples or pears, cored and cut into small pieces (or 1 cup applesauce) ● 1/4 cup maple syrup or honey (optional)

Place the oat groats, spices, and salt in the crock pot. Stir to combine. Add the apple or pear chunks (or applesauce), plus the milk, water and maple syrup or honey. Stir to combine. Cover and cook on low for approximately 6-7 hours or overnight. Place individual portions into serving bowls. Top with butter, yogurt, milk, honey, fruit, or nuts if desired.

Rye Berries

Rye is a grain you are probably less familiar with, but it has long been a staple grain in countries around the world. Rye berries are not as strongly flavored as you might expect. They can be used in soups, stews, casseroles, or served alone with a touch of sweetener and fresh fruit for a hearty breakfast. Give them a try!

Stovetop Cooking

One cup of rye berries to 3-1/2 cups of water.

Bring rye berries, water, and a pinch of salt to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Test for doneness. Drain excess water.

Slow Cooker Cooking

One cup of rye berries to 3 cups of water.

Cook high 2-3 hours or low 5-6 hours or overnight. Test for doneness. Drain excess water.

Instant Pot Cooking

One cup of rye berries to 4 cups of water

Cook for 1 hour and then allow natural pressure release. Test for doneness. Drain excess water.

Rye Berry Salad with Chick Peas

- 3 cups of cooked rye berries ● Coarse salt and freshly ground pepper
- 1 garlic clove minced ● 2 Tbsp lemon juice
- 3 Tbsp extra-virgin olive oil
- 2 Tbsp minced cilantro (or parsley) ● 1 tsp honey
- 1/4 tsp ground cumin 1/8 tsp paprika
- Pinch of red pepper flakes ● 1 red bell pepper, diced (raw or roasted)
- 1-1/2 cups or one 15- ounce can chickpeas, rinsed
- 4 cups baby arugula

Combine garlic and lemon juice in a large bowl. Let sit for 10 minutes. Add cilantro, honey, cumin, paprika and whisk until fully combined.

Add rye berries, chickpeas, and red pepper. Stir until combined. Season with salt and pepper. If time allows, let the mixture stand at room temperature for 20 or 30 minutes, stirring occasionally, to let the flavors meld. Add arugula and toss gently. Serve.

Grain as the Staff of Life: Flour, Bread, and other Baked Goods

God warned us about “the hearts of conspiring men.” One area where we see the hearts of men conspiring to make a profit at the expense of the health of the people is in the way commercial flour is milled today.

Commercially milled flour, whether whole wheat or white flour, is all produced the same way. Massive volumes of long lasting white flour are quickly and cheaply produced by removing the healthy oils of the wheat berries and sifting the bran and germ away from the endosperm.

To “make” whole wheat flour, some of these components are simply recombined. There are no legal standards for the term “whole wheat,” and products labeled “whole wheat” may actually contain only some of the bran and germ originally found in the original whole wheat berry. Usually the oil or the wheat is completely removed from the flour for shelf stability and “whole wheat bread” may be nothing more than white flour with brown coloring added for the appearance of whole grain.

Recently, a legal standard was developed for products labeled “whole grain.” “Whole grain” is now a legal term and must meet a legal standard of fiber to flour ratio. Commercially milled whole grain flour, however, is still produced by recombining the bran and germ with the white flour. Even when it meets the legal standard of “whole grain,” it is not what you would get by grinding wheat berries.

To overcome this problem, you may decide to buy whole wheat products that are “stone ground,” and in theory this sounds good. But there is no legal definition of “stone ground,” so it can be put on any label whether the flour was actually stone ground or not.

Even if you DO manage to buy actual stone ground whole wheat flour—flour made by whole wheat berries ground in a stone mill—remember that this real whole wheat flour (and any other real whole grain flour) is very perishable because of the oils it contains. By the time it is shipped to the store and you buy it, the flour has already significantly degraded in nutritional value.

These issues are why I firmly believe that it is worth every penny to invest in a kitchen grain mill for your home and to learn and make the time to bake. It is the only way to get truly fresh flour with all the nutrition that God put inside the grain. Reliable brands include NutriMill and Komo.

I realize that not everyone has the space or money to own a kitchen grain mill. In that case, I encourage you to plan together with other Saints to share a kitchen grain mill.

Grain as the Staff of Life: Learning to Bake

Once you have a kitchen grain mill, or have access to freshly ground flour that someone else is grinding for you, the next step is to learn to bake. It can be intimidating to learn to bake bread. It takes time, patience, and practice, and you can count on some failures along the way.

The best way to learn to make whole wheat bread is to ask someone who has mastered the skill to come into your kitchen to teach you. However, I know many of you don't have the option of learning in person from a skilled bread maker, so I have written an article with detailed instructions and tip on my blog:

<http://runningwiththegrain.blogspot.com/2020/09/you-can-bake-homemade-whole-wheat-bread.html>

It can be challenging to find time to bake bread, so when I find a free day to bake, I make 6 loaves of bread and freeze all but a couple.

An easier starting point for learning to bake at home is with **quick breads**. They are faster and more forgiving than traditional yeast breads. Recipes abound online for whole grain muffins, pancakes, waffles, biscuits, nut breads, and more. I have included a few of my favorites in this booklet.

My Favorite Whole Wheat Pancake Recipe

2 eggs
2 cups milk (or non-dairy substitute)
1/4 cup of extra virgin olive oil
2 cups of whole wheat flour (freshly ground, if possible)
1 tsp baking powder
1 tsp baking soda

Grease a griddle or heavy skillet with unrefined coconut oil and begin heating it over medium-low heat. The trick to cooking pancakes that don't stick to the griddle is having the griddle hot enough before pouring the batter.

Break the eggs in a medium sized bowl and beat them. Gradually whisk in the milk and oil. Add the flour slowly, whisking it GENTLY into the liquid ingredients. Add the baking powder and soda and whisk all ingredients gently until the dry ingredients are totally moistened. It's okay if there are still some small lumps. Over mixing will cause tough pancakes.

Pour the batter on the griddle to make the size of pancakes you want. Let them cook until you see bubbles coming up to the top, then flip them and cook for a couple minutes on the other side. Serve hot with butter and a drizzle of real maple syrup or honey.

Leftovers make great "sandwiches" or roll ups with almond butter or peanut butter or the filling of your choice.

Easy Whole Wheat Waffles

Waffles are a fun and quick whole grain treat to make at home! If you buy one of the mini waffle makers, you can easily make ahead and freeze "toaster waffles."

3 eggs
1 1/2 cups of milk (or non-dairy substitute)
1/4 cup of melted unrefined coconut oil or extra virgin olive oil
2 Tbsp honey
2 tsp baking powder
1/2 tsp salt
2 cups whole wheat flour (freshly ground if possible)

Many waffle recipes call for separating the eggs and beating the egg whites. Go ahead and do this if you want to, but I don't think the results are worth the extra effort. Here's the method I use:

Combine dry ingredients. Make a well and add the eggs and milk. Whip them together in the well. Add the honey and oil. If you are using melted coconut oil, wait to add it, as it will coagulate in the cold milk and egg mixture.

Gently stir all ingredients until just combined. Slowly add the melted coconut oil as you stir. Cook in a pre-heated waffle maker according to the waffle maker instructions.

Try not to load your whole wheat waffles with store bought corn syrup based "maple-flavored" syrup. Even though the Word of Wisdom does not mention sugar, I think we can all agree that sugar, and perhaps even more particularly corn syrup, are not beneficial to our health.

Try topping your homemade waffles with some butter and a drizzle of pure maple syrup. Cinnamon and a drizzle of honey are tasty, too. Nut butters and/or applesauce make good topping, too.

If you crave the soaked in texture that thin syrup brings, try this alternative.

Maple Flavored Honey Syrup

1/2 cup honey
1/2 cup water
1 Tbsp butter
1/2 tsp natural maple flavoring

Over very low heat, combine all ingredients. Heat only until ingredients are thinned and the butter is melted.

Basic Whole Wheat Muffins with Variations

I have baked so many kinds of muffins from all types of recipes, but when it comes down to it, this one basic recipe just about does it all. There is no need for a different recipe for most types of muffins. Just vary the add ins! The basic recipe is pretty plain, but the variations are endless!

Basic Whole Wheat Muffins

- 2 cup whole wheat flour (preferably freshly ground from hard white wheat)
- 1/2 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- Enough milk + 1 Tbsp vinegar to make 1 cup of “buttermilk” (This will work with non-dairy milk substitutes also.)
- 1 egg
- 1/4 cup extra virgin olive oil, melted butter, or melted unrefined coconut oil
- 1/3 to 1/2 cup honey

Pour the vinegar into a 1 cup measure and add enough milk to fill the cup. Let this sit for a few minutes to allow it to curdle. Mix flour, salt, and baking soda in a large bowl. Make a “well” in the center of the dry ingredients and add the egg, buttermilk, oil and honey. Whisk the wet ingredients together in the well, then gently stir until all ingredients are just combined. *Do not over mix.* Fill greased or paper lined muffin tins 1/2 to 3/4 full. Bake at 375 degrees for 15 to 18 minutes. They are done when nicely browned and when a toothpick stuck in the middle of a muffin comes out clean.

You may omit the “buttermilk” and baking soda in this basic recipe and use 2 tsp baking powder and 1 cup of milk instead.

SAVORY MUFFINS

Savory muffins are a quick and easy bread to add to your lunch or dinner or to keep on hand for snacks. They are a great way to have hot bread with homemade soup or stew. Because of the cheeses in these savory muffins, they will only keep about two days at room temperature, but they will keep 4-5 days in an airtight container in the fridge. Seeds such as sesame, sunflower, or pumpkin may be added to any savory muffins.

Savory Herbed Dinner Muffins

To the basic recipe, add...

- 1-1/2 tsp basil
- 1/2 tsp each of marjoram, thyme, rosemary, oregano, garlic powder
- 1/2 cup grated parmesan or Romano cheese

Add all these ingredients with the dry ingredients. If you do not have all the herbs listed, just substitute any savory herbs you have on hand.

Herb and Cheese Savory Muffins

To the basic recipe, add...

- 2 tsp of minced dry onion
- 1/2 cup of finely chopped fresh parsley
- 1/2 cup of shredded cheddar cheese

Add these ingredients to the wet ingredients in the well, after you have mixed the milk, egg, oil, and honey together thoroughly.

Savory Veggie Muffins

To the basic recipe, add...

- 1/2 tsp onion powder
- 1/8 tsp turmeric powder
- 1-2 cloves of garlic finely minced (or 1/2 tsp of garlic powder)
- 1/2 cup Mozzarella cheese, shredded (optional)
- Black pepper to taste

1-1/2 to 2 cups of any combination of finely shredded or diced vegetables of your choice. Try spinach, carrots, red bell pepper, steamed broccoli, steamed peas.

OTHER MUFFIN VARIATIONS

ABC Muffins (A favorite with my grandchildren!)

To the basic recipe, add...

- 1 tsp cinnamon (add with the dry ingredients)
- 1 apple, shredded
- 1 banana, peeled and smashed to pulp with a fork
- 1/2 cup finely shredded carrots

Add all the fruits to the wet ingredients in the well, after you have mixed the milk, egg, oil, and honey together thoroughly.

Sweet Potato Muffins

To the basic recipe, add...

- 1 tsp cinnamon (add with the dry ingredients)
- 1 banana, peeled and smashed to pulp with a fork
- 1/2 cup mashed sweet potatoes
- Optional — 1/3 cup of chopped pecans

Add the banana and sweet potatoes to the wet ingredients in the well, after you have mixed the milk, egg, oil, and honey together thoroughly.

I bake sweet potatoes in the oven for these muffins. After they have cooled from baking, I cut them in half and scoop out the flesh from one half to mash for the recipe. (It doesn't matter if it's a bit less or a bit more than 1/2 cup.) I freeze the other halves separately to thaw and use for future muffin baking.

Pumpkin Pie (Sweet Potato) Muffins

To the basic recipe, add...

- 1 cup mashed sweet potatoes
- 2 tsp of pumpkin pie spice mix (or 1 tsp ground cinnamon, 1/2 tsp ground ginger, 1/4 tsp ground nutmeg, and 1/4 tsp ground allspice or cloves)

You could use 1 cup of canned pumpkin in this recipe, but the nutritional value of the baked sweet potato will exceed canned pumpkin and tastes very similar (even better in my opinion).

Buy a stainless steel mini muffin pan to bake perfectly sized muffins for toddler appeal. Bake the mini muffins for about 10-12 minutes (instead of 15-18).

More Muffin Variations

Blueberry Muffins

To the basic recipe, add...

1 tsp cinnamon (add with the dry ingredients)

Optional 1/3 to 1/2 cup of chopped nuts (walnuts, pecans, almonds)

1 cup of fresh or frozen blueberries

For mini muffins, use tiny wild blueberries. If using frozen blueberries, do not mix them with the batter, but to avoid discoloration of the batter, press them into the muffins after the batter is poured into the muffin pan.

Gingerbread Muffins

To the basic recipe, add...

1 tsp cinnamon

1 tsp ground ginger

1/4 tsp ground allspice or cloves

1 tsp vanilla

Omit honey and add

1/4 cup pure maple syrup

1/4 cup blackstrap molasses or pure sorghum syrup

(Read labels to avoid molasses and sorghum that are cut with corn syrup.)

Cranberry Orange Muffins

To the basic recipe, add...

2 cups fresh cranberries, finely chopped

(The easiest way to chop the cranberries is to blitz them in a food processor for a minute or so.)

Zest of 1 orange (about 1 tsp)

Juice from the zested orange

(I highly recommend using an organic orange because of pesticide residues on the rinds of non-organic oranges.)

Oatmeal Muffins

You may add rolled oats to any variation of muffin. Simply reduce the whole wheat flour to 1 3/4 cups and add 1/2 cup of rolled oats. For an attractive finish, sprinkle the tops of the muffins before baking with additional rolled oats.

The next variation...

Use your imagination!

Don't be afraid to experiment.



Whole Grain Corn Bread

This is probably one of my most used quick bread recipes. It pairs great with chili, taco soup, and just about any meal. Grinding your own corn meal is best, but can be a challenge. Popcorn grinds to great corn meal, but because it is so hard, grinding it will void the warranty of most kitchen mills and may damage your mill. Organic dent corn is hard to find, but great to grind in your kitchen mill.

If you cannot grind your own corn meal, be sure to buy UNdegerminated corn meal. Degerminated corn meal is not whole grain. I believe it also is important to get organic corn meal to avoid GMO corn.

1 cup undegerminated corn meal

1 cup whole wheat flour (freshly ground, if possible)

1/2 tsp salt

2 tsp baking powder

4 Tbsp extra virgin olive oil or melted butter

2 eggs

1 cup milk (or non-dairy substitute)

1-2 Tbsp honey

Combine dry ingredients in a medium bowl. Make a well. Add wet ingredients to the well and mix thoroughly. Stir together wet and dry ingredients gently until just combined. Do not over mix.

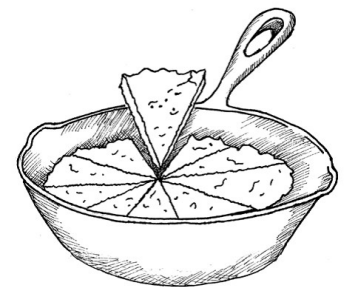
Pour into a greased 8x8 glass pan and bake at 375 degrees for 18-20 minutes or until a toothpick inserted in the center comes out clean.

Optional Baking Methods

Corn bread muffins—Baking the batter in greased or paper lined muffin pans at 375 degrees for 12-16 minutes.

Cast iron skillet option—Pour the batter into a hot well seasoned cast iron skillet. This makes a delicious crispy crust.

Timed bake option—I often pre-program my stove and leave the 8x8 pan of corn bread batter in a cold oven for up to 2 hours before starting bake time. Set oven to bake at 350 degrees for 25 minutes, timing the finish for when the rest of your meal will be ready. This works great to come home from Wednesday evening prayer service to a crockpot of soup and hot corn bread!



Wheat Oat Snack Bread

1 cup whole wheat flour (freshly ground, if possible)
1 cup oat flour (freshly ground from oat groats or made by grinding rolled oats in the blender)
2 tsp baking powder
1/2 tsp salt
1 cup milk (or non-dairy substitute)
2 Tbsp extra virgin olive oil
1 Tbsp honey or sorghum

Combine dry ingredients in a large bowl. Make a well in the center. Add the wet ingredients to the well and whisk. Stir all ingredients together gently until just combined.

Prepare a baking sheet by greasing it with coconut oil and sprinkling the greased surface with cornmeal or flour.

Remove the dough from the bowl with oiled hands and place it in the center of the baking sheet, patting it into a 1/2 inch thick circle. Prick the top with a fork. Bake at 400 degrees for 10-15 minutes. Cut into wedges to serve.

Honey Wheat Quick Bread

This is a very dense moist loaf which is tasty for snacks or with a meal.

3 cups whole wheat flour
2 tsp baking soda
1/4 tsp salt
2 cups buttermilk (1 Tbsp vinegar plus enough milk to total 2 cups liquid)
1/4 cup honey
2 Tbsp extra virgin olive oil
1 Tbsp sunflower seeds (optional, to sprinkle over the top)

Preheat oven to 300 degrees. Grease a loaf pan and then line the bottom with a strip of parchment paper long enough to leave overhanging paper at both ends. (See photo.)

In large mixing bowl, whisk together the dry ingredients. Make a well. Add wet ingredients to the well and whisk. Stir gently to mix all ingredients until just combined.

Place batter in the prepared pan. Sprinkle top with sunflower seeds, if desired. Bake at 300 degrees for 55 to 60 minutes or until done. Remove from the oven and let cool on a wire rack for about 10 minutes before removing bread from pan.



Grain as the Staff of Life and the Breakfast Cereal Dilemma

I love cereal. It made me sad when I learned that commercial cereal is junk food and must go on my list of foods to avoid. I'm not just talking about those high sugar, refined grain boxes of cereal, but also the ones that say whole grain on the labels. It turns out that these handy boxes of ready-to-eat cereal are not REAL food.

Almost all breakfast cereals are made by a process called extrusion. First the grain is mixed with water to become a slurry. Next this grain slurry is placed into a machine called an extruder which forces the slurry out of tiny holes at high temperatures and pressure, shaping them into those cute little o's, stars, flakes, and puffs.

Then the shapes are sprayed with a coating of oil and sugar to keep them crispy and crunchy. Most of the nutrients in the grain are destroyed in this high heat/high pressure process, and any essential fatty acids are denatured, making them useless to our bodies. Even breakfast cereals that boast of being whole grain are void of nutrition after being extruded.

It's time to ditch the commercial breakfast cereals.

So what to do instead? Personally, I eat oatmeal for breakfast most mornings, but some don't care for oatmeal, and even I get tired of it at times. Slow cooker overnight whole grains are a great option, but realistically not many of us will accomplish starting a crockpot of grain each night before bedtime.

What we need is a nutritious, convenient option—and here it is:

Easy Overnight Granola! Make it once a month and enjoy convenient breakfasts! Unfortunately, store bought granolas are expensive, full of unhealthy oils, and often high in sugar. By making your own granola, you can control the ingredients, and this recipe is so easy.

Easy Overnight Granola (Basic Recipe)

1 cup of unrefined coconut oil
1/3 cup of honey or pure maple syrup (more or less to your taste)
1/2 cup of unsweetened fine shredded dry coconut (optional)
1 Tbsp cinnamon (or other spices of your choice)
6-8 cups of old fashioned rolled oats (or even better—freshly rolled oats)

I make a double batch of this granola in a large stainless steel roasting pan (12 x 16 x 2.75 inches). I place my roasting pan on my stovetop across two burners turned on to the lowest setting possible. I put the coconut oil and honey directly in the roasting pan to melt and soften, saving time and clean up.

If you do not have a pan that will work like this on the stovetop and oven, you will need to gently heat and melt the coconut oil and honey in a sauce pan, stirring them together over very low heat. Do not let them boil! (Recipe continued on the next page.)

Combine the rolled oats with the oil-honey mixture (either directly in the roasting pan or in a bowl). Add the shredded coconut and cinnamon. Stir well. If there is unabsorbed oil in the pan or bowl, add more rolled oats and stir well. If you mixed the granola in a bowl, spread it out on cookie sheets with sides to bake.

Pre-heat the oven to 310 degrees. Put the pan in the oven and TURN IT OFF. Leave the granola in the oven overnight (or for 2-3 hours). Do not open the oven door during this time.

After baking, if the granola is not crunchy enough for your taste, repeat this process. Heat the oven to 310 degrees again and turn it off, allowing the granola another round of baking time.

Allow the granola to cool in the pan. When the granola is fully cooled, store it in the cupboard in an airtight container.

Variations

- Peanut butter granola (our favorite). For the 1 cup of coconut oil, substitute 1/2 cup of coconut oil and 1/2 cup of natural peanut butter. Proceed the same way, softening the peanut butter over very low heat with the oil and honey. You may also use almond or other nut butters.
- Reduce the amount of rolled oats and add any combination of other flaked (rolled) grains (barley, wheat, rye, etc.) to total the 6-8 cups.

Add In Options

- Add 1 tsp vanilla to the oil-honey mixture before baking.
- After the granola has baked, add any of the following: Sunflower seeds, pumpkin seeds, walnuts, almonds, or other nuts. Dried fruit such as raisins or diced dried apples.

Overnight Oats

Overnight oats are another convenient, popular breakfast option. You can access dozens of recipes online. Because rolled oats are steamed during the rolling/flaking process, they are not actually raw grain. Therefore, it is fine to eat them without cooking in recipes such as overnight oats. Even whole oat groats have been stabilized by heat, so not raw (unless you buy special ones designated for sprouting).

Here is the basic formula to make overnight oats:

1 part rolled oats + 1 part milk + 1/8 part chia seeds or nuts.

Add 1/4 cup Greek yogurt if desired for extra protein. Honey or maple syrup is optional to taste. Place in a glass jar or cup. Cover and refrigerate for at least two hours.

Add ins and toppings are only limited by your imagination: Fruits, nuts, seeds, and nut butters are great options. You can make a week's worth of the base recipe ahead and add the toppings the night before or immediately before serving.

How do I keep grain as the staff of life if I must eat gluten free?

A few people need to eat strictly gluten free because they have a genetic autoimmune response to gluten called celiac disease. Many more struggle with gluten intolerant, which causes bloating, indigestion, eczema, and/or other unpleasant symptoms when they eat gluten.

Gluten intolerance and other food intolerances stem from problems in the digestive system that may be improved or even totally resolved. That is beyond the scope of this booklet, but information is available on this topic online. I would encourage you to investigate the information available.

Gluten free eating has become a trend for many other people who do not need to eat gluten free, but falsely assume it is healthier.

Eating a gluten free diet can be problematic in several ways. Most people try to eat gluten free by replacing their regular baked goods with gluten free baked goods. Unfortunately, the majority of gluten free baked goods and other convenient pre-packaged gluten-free foods are low in nutrients and high in unhealthy fats and refined carbohydrates such as sugar, tapioca starch, potato flour, xanthan gum and/ or white rice flour. Even gluten free foods which contain whole grain gluten free flour tend to depend heavily on the refined carbohydrates mentioned for flavor and texture.

Another problem with store bought gluten free foods, and gluten free diets in general, is the heavy dependence on rice and rice products. Large amounts of rice, even whole grain brown rice, in one's diet is problematic because of the likely contamination with arsenic. See page 15 for more details.

If you must eat gluten free, **you can still keep grain as the staff of life**, but it will take more effort. Instead of depending on store bought gluten free breads, crackers, and pasta, and other processed gluten free foods, base your diet on nutrient-rich gluten-free grains in their whole form.

Gluten free grains include oats, millet, sorghum, and the pseudo grains amaranth, quinoa, buckwheat, teff. Those who are celiac and sensitive to even small amounts of gluten need to be sure to use oats that are certified gluten free, since some oats may be cross contaminated with gluten during processing.



It is also very possible to grind your own fresh gluten free flours at home and bake whole grain gluten free breads that do not contain refined carbs and other unhealthy ingredients.

Whole Grain Gluten Free Bread

1 package rapid dry yeast (2 1/2 teaspoons)
1/2 cup warm water (115 degrees F)
1 Tbsp honey
3/4 cup sorghum flour
3/4 cup almond meal/flour
1/2 cup millet flour or GF certified oat flour
1/2 cup buckwheat flour
1/4 cup quinoa flakes
2 Tbsp flaxseed meal
1 tsp fine sea salt
1/4 cup extra virgin olive oil
3 eggs, beaten
1/3 to 1/2 cup warm water



Turn your oven on to 300 degrees and then turn it off. (You are creating a warm environment for your bread to rise later.)

Line a 9-inch ceramic loaf pan with a piece of parchment paper, leaving extra length on each side, so that the paper rises above the top of the pan.

Proof the yeast: Sprinkle the yeast into one half cup warm water and stir in the honey. Set aside until the yeast is bubbly.

In a large mixing bowl whisk together the dry ingredients: sorghum flour, almond flour, millet flour, buckwheat flour, quinoa flakes, flaxseed meal, and sea salt.

Make a well in the center and pour in the proofed yeast. Add the olive oil and eggs. Start beating it together. As you beat, add the 1/3 to 1/2 cup warm water a tablespoon at a time until the batter is smooth, like a thick muffin batter. The amount you need may vary from time to time, depending upon humidity.

Scoop the bread dough into the prepared baking pan and smooth out the top. Sprinkle with extra quinoa flakes, if you like.

Place the pan in the center of the warmed oven and allow the loaf to rest and rise for 50 minutes.

Turn on the oven to 350 degrees F. Bake the loaf for 55 to 60 minutes, until crusty and browned.

Remove from the pan and place the loaf on a wire rack to cool.

How can we begin to eat meat more sparingly?

It starts with a mindset. We have to learn to **stop thinking about meat as the main dish—as the centerpiece of our meals.**

Allow grains to take that main spotlight and work on thinking about meat as the side dish. Instead of having a big chunk of meat as the main part of our meal, have a much smaller portion of meat and fill up with homemade breads, dishes of grains in their whole form, and vegetables.

The easiest way to do this is to cook one pot meals, casseroles, bowls, soups, chilies. It is simple in these recipes to gradually reduce the meat and increase the grains, legumes, and veggies. Another tip is to find a tasty looking vegetarian main dish recipe and add just a bit of ground beef or shredded chicken to it. Begin to think of meat as more of a seasoning in these dishes and less of a main staple.

Here is an example of how to modify your main dish recipes:

Original Enchilada Recipe

1-1/2 lb. ground beef
1/2 tsp salt
3 Tbsp oil
3/4 cup onion, chopped
1 tsp cumin
12 corn tortillas
1/4 cup ripe olives, chopped
1-1/2 cups grated Cheddar cheese
3 cups enchilada sauce

1/2 lb. ground beef
3 Tbsp oil
1/2 tsp salt
3/4 cup onion, chopped
1 tsp cumin
1-1/2 cups or 1 can refried beans
1/2 – 1 cup cooked wheat berries
12 whole grain corn tortillas
1/4 cup ripe olives, chopped
1-1/2 cups grated Cheddar cheese
3 cups enchilada sauce (Look for a good homemade recipe!)

Modified Recipe

You don't need to try to go directly from the original recipe to the modified recipe. Gradually over time reduce the amount of ground beef you use and increase the refried beans and cooked wheat berries. (You could also use millet or sorghum for a gluten free option.) This is just one example of how recipes can be modified to include less meat and more whole grains.

And if you want to make the enchiladas, here are the directions. Heat oil in skillet and cook onion for 2-3 minutes. Add the ground beef and break it up as you cook it. Drain excess oil or fat. Add the salt and cumin. Add the refried beans, cooked wheat berries, and 1/2 cup enchilada sauce. Stir. Simmer for 10-15 minutes.

Heat the remaining enchilada sauce. Dip each corn tortilla in the sauce, coating both sides. Add olives to filling mixture and divide mixture among the tortillas. Roll and place overlapped side down in baking dish. Spoon remaining sauce over. Sprinkle with grated cheese. Bake at 375 degrees for 20 minutes.

Planning meals and snacks in advance is important to success.

I understand time crunch and packed full busy lives. But we will find time for the things we really care about. If you want to begin to have successes in keeping the Word of Wisdom, you need to plan meals and snacks ahead.

Notice I said “begin to succeed.” It’s not a succeed or fail type of thing.

You will slip at times. You will eat things you really shouldn’t. You may have days or even weeks when you do not succeed in keeping the Word of Wisdom, but so what? That doesn’t mean you cannot start fresh with each new day. Just start over and keep trying. Keep taking small steps toward your goals.

Planning meals and snacks ahead can help you resist the temptation to hit the drive-thru or stop at the store for a frozen dinner. It can save you time and money, as well as help you eat more nutritiously. Plan what you will eat at least a week ahead, maybe even for an entire month. It’s okay to be flexible with your plans and change them as needed as the days go by! Plan your breakfasts, lunches, suppers, snacks. WRITE DOWN your plan and post it on your fridge or other place where you will see it often.

Once your menu plan is in place, set a time to pre-cook and pre-prepare what you can ahead of time. I pre-cook hamburger and freeze it in small meal-sized portions in small glass containers. Sometimes I pre-cook a chicken, dice or shred it, and freeze it the same way.

Pre-cook your grains in their whole form. They will last in the fridge for a week. Or cook and freeze a month’s worth.

Roast a week’s worth of vegetables. Pre-make a “salad of the week” and eat from it all week long. Sure, the veggies and greens won’t be the absolute freshest later in the week, but it’s still better nutrition than any convenience food.

Plan and pre-prepare snacks, too. Having homemade muffins on hand means you always have a great whole grain convenient snack available. Make a month’s worth of muffins and freeze them.

And here’s another key: PLAN your meal planning and prep days. Schedule them on your calendar like any other appointment!

Keeping the Word of Wisdom is obtainable. We can do this TOGETHER! Let’s encourage and support each other as we begin to dispel this dark cloud over Zion. We can begin to receive the physical and spiritual blessing the Lord has for us when we follow His plan.

Section 86:3c-d: *“And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.”*



END OF BOOKLET