

Whole Grain Cooking

When I say Whole Grain Cooking, I am not talking about buying a bag of whole wheat flour from the grocery store. I mean real, healthy, whole grains: freshly ground wheat, brown rice, millet, quinoa, spelt, amaranth and the likes.

Over five years ago, our family purchased a grain mill and a big bucket of wheat groats. And, I learned how to make true whole wheat bread. I know that many of you have been told that you are allergic to wheat. I was one of those, but I found that I was not allergic to freshly ground grains, including wheat and oats.

And, oh the taste. Once you switch to "real" bread, you will never want the processed white gump that you get from the store. We also noticed a huge difference in our health: warts disappeared, constipation was relieved, energy levels soared.

Cooking with true whole grains is a little different than cooking with the flours that most Americans are used to using. After years of trial and error, I am about to release my newest cooking manual, "Whole Grain Cooking." Here is just a sample of what you find inside the pages.

Old Fashioned Gingerbread

1 cup ghee
1 egg
1/2 cup buttermilk or kefir
1/4 cup molasses
1/4 cup raw honey
1 3/4 cups whole wheat flour
1/4 cup sucanat, or brown sugar
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1/4 tsp ground cloves
2 tsp ground ginger
1 tsp cinnamon



Preheat oven to 350°. Grease a 9 X 9 baking pan. Melt the ghee and let cool.

Crack the egg into a mixing bowl. Beat with a wire whisk. Add the buttermilk, molasses, honey and ghee. Mix well.

Measure all the dry ingredients into a bowl. Mix well. Make a well in the center and pour the wet ingredients into the well. Mix well to make a smooth batter. Pour the batter into the baking pan.

Bake the gingerbread on the center rack of the oven for 25 to 30 minutes.

Great served warm or at room temperature!

Lori Winders, "The Cooking Diva," is an international cookbook author, online entrepreneur, speaker and founder of [Cooking What's Left](#).

She knows what it is like to sit across from a doctor telling her what all she can't eat any more because she is "allergic." And, asking the question, "What's Left?"

She also knows that America is killing itself slowly with our fast-food, unhealthy, toxic laden diet. There are too many people young and old being diagnosed with auto-immune disorders, diabetes, Alzheimer's, lupus, fibromyalgia, cancer, and the list goes on. Something has to change.

Her goal is to make healthy eating quick, easy and available to anyone who wants to make the change. Keep up to date on the latest from Lori here at her blog...[The Cooking Diva](#).

Send us your favorite recipes and give the Diva a chance to convert it into a healthy, quick and easy recipe that you and your whole family will enjoy. Also, let us know of any allergies and ingredients that you need substitutions for. And, share your healthy recipes with us. Contact Us by [Clicking Here](#).