



Spelt Flour

Spelt is a type of grain that is related to wheat, barley, and rye. Spelt flour is useful for many purposes, it performs the closest to all-purpose white flour while bringing a lot more flavor.



Spelt Flatbread

Ingredients

- 1/2 tsp baking soda
- 3/4 cup almost boiling water
- 1 Tbs extra virgin olive oil
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- 3/4 cup almost boiling water
- 1 Tbs extra virgin olive oil

Directions

- Whisk together flour, salt, and baking soda
- Stir in hot water and oil until dough comes together
- Knead dough with your hands about 15 times, add more flour if needed
- Shape dough into ball then cover with a paper towel
- Preheat a large skillet over medium heat.
- Grab a golf ball sized chunk of dough then add flour to baking mat
- Flatten with rolling pin
- Place tortilla in skillet, cooking both sides for 30 seconds in an oiled pan
- Place tortillas on plate and cover until ready to serve



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Health Benefits

High in fiber

Excellent Source of Iron & Protein

Rich in Micronutrients & Vitamins

Low Glycemic index

Keeps nerves and muscle tissue healthy as well as
the digestive system.



To learn more about NJ's grain movement scan this QR code