



How to cook with sprouted Kamut® flour and whole sprouted grains

Use sprouted Kamut flour for a sweet, nutty, buttery flavor. The texture is coarser than regular flour and is similar to a fine corn meal. Sprouted Kamut flour can be used in many baked goods but, except for crackers, needs to be mixed 3:1 or 2:2 with barley, oat, spelt, or wheat flour.

Sprouted Kamut grains can be cooked also. Add 3 parts water or stock to one part sprouted Kamut grains. Bring it to a boil and add ½ teaspoon sea salt. Reduce the heat and allow the mixture to simmer until tender, 1 ½ - 2 hours.

Roll sprouted Kamut grains in a grain flaker. Add 2 parts water to 1 part sprouted rolled Kamut and bring to a boil. Simmer for 15-18 minutes and remove from heat.

Add milk, butter, and maple syrup or honey and stir for a delicious hot cereal.