Objectives
Participant will:
1. Explain a health benefit of eating spelt.
2. Describe how to purchase and store spelt.
3. Describe how to cook spelt.
4. Explain how to incorporate spelt into family meals.
5. Prepare and taste food that includes spelt.

Required Materials:
• Container or bag of spelt berries.
• Container or bag of rolled spelt.
• Container or bag of whole spelt flour.
• Container or bag of refined spelt flour.
• Ingredients and supplies needed to demonstrate and serve recipes.
• Lesson handouts for each class participant.
• Required paperwork for each class participant.

Optional Supplemental Materials:
• Container or bag of cooked spelt berries.
• Cooked spelt berries portioned for the participants to taste.

Preparation Required:
• *Have soup prepared and kept warm in a slow cooker.*
• *Bake bread ahead of time or begin baking about 20 minutes before class starts.*
• *Measure all ingredients for muffins and salad (see recipes pgs. 6-7)*
• Review lesson plan and practice food demonstration.
• Gather supplies and materials to demonstrate recipes.
• Make copies of recipes and any other handout you wish to distribute (see pages 5-7) – enough for all class participants.
• Make copies of all required paperwork for lesson.
 LESSON PLAN

Introduction
Time: 3 minutes

- Welcome everyone to the class and thank them for taking time to participate.
- Briefly introduce yourself and the program.
- Pass around the samples of spelt in different forms (spelt berries, rolled spelt, flour).
- **Ask the class:** Do you know what grain you are viewing?
  - Although this grain looks much like wheat, it is actually spelt. It looks so much like wheat because spelt is a variety of wheat.
  - *Explain what each of the samples are and define them by name for the class (berries, rolled, flour).*
- Spelt was grown in the Middle East and the Mediterranean thousands of years ago. Spelt is known as one of the ancient grains and is mentioned in Exodus in the Bible.
- Spelt can be used much the same as wheat is used. It can be ground into flour for bread and other baked goods, the berries can be cooked whole, it can be steamed and rolled like oats, it can be made into pasta and cracked for cereal.

Objective 1: Explain a health benefit of eating spelt.
Time: 5 minutes

- Since spelt is a variety of wheat, many of the nutritional benefits you obtain from wheat can also be obtained from spelt. Spelt has a softer texture and may be easier to digest for some people.
- Most of the spelt on the market is whole grain, either whole berries, berries that have been rolled, or whole grain flour. Refined spelt flour is available, but remember, refined flours are lacking in nutrients that are associated with the bran and germ that have been removed as part of the refining process.
- **Ask the class:** As we mentioned before, spelt is a variety of wheat. Can you think of a nutritional benefit of wheat that likely exists in spelt?
  - Spelt in its whole grain form is a great source of plant protein, vitamins including the B vitamins, vitamin E, and minerals such as zinc, iron, copper, magnesium and phosphorus.
  - Fiber: All whole grains including spelt are an excellent source of fiber. Dietary fiber from whole grains is found primarily in the bran layer. A daily intake of fiber including fiber from whole grains can reduce your risk of heart disease and diabetes. Fiber helps you feel full longer and can aid in weight loss and weight maintenance.
  - Carbohydrates: Grains are one of the best sources of carbohydrate. Carbohydrates provide the fuel your body must have every day to function; in fact, carbohydrates are the fuel of choice for the brain.
- Remember, spelt is a variety of wheat and therefore contains gluten. Spelt is **not** safe to eat for those suffering from celiac disease.

Objective 2: Describe how to purchase and store spelt.
Time: 5 minutes

- **Ask the class:** Have any of you seen spelt for sale at the store or online? If so where did you come across this grain?
  - Spelt can be purchased at a health food or specialty store and some grocery stores. Spelt berries, spelt flour, refined spelt flour and rolled flakes are available online.
  - Spelt pasta and bread is available from specialty stores.
• **Ask the class:** Knowing that spelt is similar to wheat when it comes to storage, do you have any ideas on what might be the best way to store it? Would spelt be a good food storage item for your pantry?
  o Yes. Like wheat berries, spelt berries can be stored in an airtight, food grade container in a cool, dry place for an extended amount of time, up to a year or more.
  o Whole grain flours including spelt flour are stored best in the refrigerator for 2 – 3 months and in the freezer for 6 – 8 months. Whole grains contain oils that are stable until ground, but then are susceptible to oxidation and must be kept cool to prevent the flour from going rancid.
  o Cooked spelt can be kept in the refrigerator for 3-4 days and in the freezer 4 to 6 weeks.

**Objective 3: Describe how to cook spelt.**

**Time: 7 minutes**

• Spelt is easy to cook. All you need is a saucepan and water.
• If you refer to your handout you will find the basic cooking techniques outlined there that we will briefly go over now.
• The basic ratio for cooking spelt is 1 cup of grain to 2 cups of water. When cooking spelt on the stovetop or the slow-cooker use this ratio.
• Before cooking spelt you should give it a good rinse under cold water to remove any dirt or contaminants that may be present on the grain. *Show the class how to rinse the grain with a small holed strainer.*
• The grain can be soaked for up to an hour or overnight before cooking. Soaking the grain reduces the cooking time. *Show the class a bowl with soaked grain next to one with dry grain so they can see the difference in the grain before and after soaking.*
• **Ask the class:** Using your handout can you find what time you can save by soaking your spelt before cooking?
  o Without soaking it takes 1½ hours of cooking and after soaking cooking time is shortened to 45 minutes. Soaking saves you 45 minutes of cooking time!
• **Ask the class:** Using your handout can someone find the time it takes to cook spelt when you use a slow cooker?
  o Cook on low for 8 hours or on high for 4 hours.
  o This method also works well overnight with the heat on low. Add some dried fruit and nuts to the cooked spelt for a fast and easy breakfast!
• You can cook spelt in larger quantities and separate into smaller containers. Store in the freezer and have some wholesome grain ready to add to soups, salads, pilafs, etc. Rinse under hot water to thaw frozen spelt.
• Other forms of spelt are rolled or spelt flour.
  o Rolled spelt is cooked like oatmeal. Use one cup spelt, two cups water and ¼ teaspoon of salt. Bring to a boil, cover and reduce the heat, and cook for about 15 minutes.
  o Spelt flour can be ground from spelt berries in a grain mill. Spelt flour can be used much the same as wheat flour in breads, muffins, cookies, etc.

**Objective 4: Explain how to incorporate spelt into family meals.**

**Time: 5 minutes**

• **Ask the class:** Has anyone used spelt before?
• Pass around the portions of cooked spelt berries for the participants to taste.
• **Ask the class:** Can you think of some ways you might use spelt berries? How about rolled spelt or spelt flour?
  o Breakfast: hot cereal, granola (rolled spelt), muffins, pancakes, waffles.
- Lunch: salads, add to soups, add with vegetables to a wrap.
- Dinner: pilaf, soups, stews, bread.

- Spelt has a sweet, nutty taste that’s a little more intense compared to wheat and the flour is lighter in texture.
- Today we will introduce you to some great recipes using whole grain spelt. We will make some great tasting muffins, a quick bread that can be served with delicious corn chowder, and finally, a salad perfect for pot-luck, lunch or dinner.

**Objective 5: Prepare and taste food that includes spelt.**
**Time: 15 minutes**

- **Make Whole-grain Spelt and Applesauce Muffins (see recipe pg. 6):**
  - Have all ingredients premeasured.
  - Demonstrate how to mix the dry and wet ingredient separately, then combine.
  - Portion into muffin tin, bake.
- **Demonstrate Quick Spelt Bread (see recipe pg. 6):**
  - Take out of oven and talk about the method, which is the same as the muffins.
  - Talk about pan options if desired (skillet, cake pan, etc.).
- **Demonstrate Corn Chowder with Mushrooms and Spelt (see recipe pg. 7):**
  - Demonstrate ingredients.
  - Optional: chop an onion, slice the mushroom to demonstrate knife skills.
- **Make Spelt Berry Waldorf Salad (see recipe pg. 7):**
  - Have apples, nuts, spelt, grapes and dressing premeasured.
  - Demonstrate how to slice celery, a few grapes and a few apple slices.
  - Combine ingredients.

**Conclusion:**
**Time: 2 minutes**

- Now that you have tasted spelt and have seen how easy it is to work with, you can take these ideas home to create healthy, delicious meals for you and your family. Steps to better nutrition can be simple and inexpensive by adding whole grains such as spelt to your diet.
- Are there any questions?
- Let participants taste recipes.
- Thank everyone for coming.

**Resources:**


This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at http://www.fns.usda.gov/snap/. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-372.
Cooking with Spelt:

Super Simple Whole Grain Goodness!

To cook spelt berries:
1 cup spelt berries
2 cups water
Pinch of salt (optional)

Rinse the spelt and drain in a colander. Add water, berries and salt to a medium saucepan and bring to a boil over high heat. Reduce heat to low, cover and cook for 1½ hours. Alternately, soak the berries for an hour or overnight. Bring spelt and soaking water to a boil, reduce heat to low, cover and cook for 45 minutes.

Slow cooker method:
1 cup spelt berries
2 cups water
Pinch of salt (optional)

Add all ingredients to the slow cooker. Cook on low for 8 hours and on high for 4 hours. This method works well overnight for hot cereal in the morning. Just add nuts, dried fruit and milk or yogurt for a quick breakfast. The cooked berries can be processed in a blender with a little milk for a creamier texture if desired.

Rolled Spelt:
1 cup rolled spelt
2 cups water
¼ teaspoon salt

Combine spelt, water and salt in a medium sized saucepan and bring to a boil. Cover, reduce heat to medium low and cook for about 15 minutes.

Spelt Flour:
Spelt flour can be made from spelt berries in a grain mill or it can be purchased in whole grain flour. Spelt flour can be used as you would use wheat flour for breads, pancake, muffins, cookies, etc.

You can cook spelt in large batches, divide into smaller containers and store for later use in the freezer. Cooked and frozen spelt will last for about 4-6 weeks. Making a large batch and freezing will allow you to have some wholesome grain ready to add to soups, salads, pilafs, etc. Simply rinse under hot water to thaw frozen spelt.

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Whole Grain Spelt and Applesauce Muffins

<table>
<thead>
<tr>
<th>1¾ cups whole grain spelt flour</th>
<th>¼ cup canola oil</th>
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<tbody>
<tr>
<td>1 teaspoon baking soda</td>
<td>1 egg</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>¼ cup sugar</td>
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<tr>
<td>1½ teaspoons cinnamon</td>
<td>½ teaspoon vanilla</td>
</tr>
<tr>
<td>½ teaspoon nutmeg</td>
<td>1 cup unsweetened (no sugar added) applesauce</td>
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<tr>
<td>⅛ teaspoon allspice</td>
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Mix flour, baking soda, salt, cinnamon, nutmeg and allspice in a medium sized bowl. In a separate bowl mix oil, egg, sugar, vanilla and applesauce until combined. Add wet ingredients to dry and mix until just combined. Do not over mix. Fill muffin tins about ½ full. Bake for 15 to 20 minutes or until the tops spring back when touched. Makes 12 muffins.

Double the recipe and freeze a batch for another day. Add raisins or other dried fruit, nuts or mini chocolate chips for a treat.

Quick Spelt Bread

<table>
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<tr>
<th>2½ cups whole grain spelt flour</th>
<th>2 tablespoons sugar</th>
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<tbody>
<tr>
<td>¼ teaspoon salt</td>
<td>1 egg</td>
</tr>
<tr>
<td>2 teaspoons baking powder</td>
<td>2 tablespoons canola oil</td>
</tr>
<tr>
<td>1 teaspoon baking soda</td>
<td>1 cup buttermilk</td>
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Preheat oven to 375°F. Spray a 9x9 inch pan or a 9 inch oven proof skillet such as cast iron with cooking spray. Combine flour, salt, baking powder and baking soda in a mixing bowl and mix well. In a separate bowl combine sugar, egg, oil and buttermilk and whisk till combined. Add wet ingredients to dry and mix well. Pour batter into pan or skillet and bake for 35 to 40 minutes. Serves 8-10.

Tip: If you don’t have buttermilk on hand, measure 1 tablespoon lemon juice or white vinegar in a one cup measuring cup then fill the cup with milk. Let mixture sit for about 5 minutes. This quick bread has the texture of corn bread and is just as easy to prepare. Serve it hot with your favorite cup of soup.

- Spelt berries, spelt flour, spelt flour and rolled spelt flakes are available online or at health food stores, specialty stores, or even your local grocery store.
- Spelt pasta and bread is available from specialty stores.
- Spelt berries can be stored in an airtight, food grade container in a cool, dry place for up to a year or more.
- Whole grain flours including spelt flour are stored best in the refrigerator for 2 – 3 months and in the freezer for 6 – 8 months. Whole grains contain oils that are stable until ground, but then are susceptible to oxidation and must be kept cool to prevent the flour from going rancid.
- Cooked spelt can be kept in the refrigerator for 3-4 days and in the freezer 4 to 6 weeks.

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Corn Chowder with Mushrooms and Spelt

1 small onion, chopped
1 tablespoon canola oil
½ pound mushrooms, sliced
2 cups chicken broth
1 carrot, diced
¾ cup cooked spelt
1¼ cups fresh or frozen corn or 1 (15 oz.) can corn, drained and rinsed
2 tablespoons cornstarch
2 cups low-fat milk
¼ teaspoon salt
¼ teaspoon pepper

Heat the oil in a large pot and add the onion. Sauté until onion is softened. Add mushrooms and sauté for another 2 minutes until mushrooms are tender. Add broth, carrot, spelt, and corn and bring to a boil. Cover, reduce heat and simmer for 20 minutes or until carrot is tender. Add cornstarch to milk and stir until dissolved. Bring soup back to boil and add milk mixture all at once. Cook and stir till soup is thickened. Season with salt and pepper.

Yield: 4-6 servings

Spelt Berry Waldorf Salad

½ cup fat-free vanilla yogurt
⅛ teaspoon salt
1 cup cooked spelt berries
½ cup celery, sliced thin
2 medium apples, peeled, cored, and diced
1 cup red or green grapes, sliced in half
½ cup chopped walnuts

Combine all ingredients and mix well. Serve on a lettuce leaf if desired.

Spelt is a nutritional powerhouse.

It is an excellent source of fiber, B vitamins, vitamin E, zinc, iron, copper, magnesium, phosphorous, and protein.