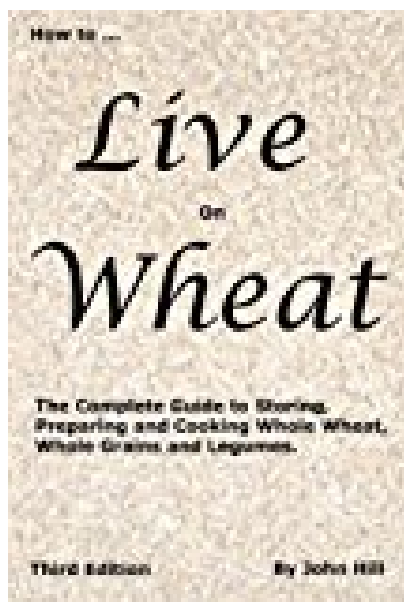


# How to Live on Wheat

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## BOOK DETAILS

- Author : John W Hill
- Pages : 134 Pages
- Publisher : Clear Springs Press
- Language : English
- ISBN : 1884979122

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## BOOK SYNOPSIS

This is a cookbook, preparedness resource and survival manual all wrapped into one concise and thorough reference. It covers the acquisition and storage of wheat and other grains and legumes, the preparation of all of the basic foods from the whole grain to the finished product in the simplest and most foolproof manner possible. It includes Essene Bread, Pan Bread, Fry Bread, Sprouting, Sourdough, Food Combination, Baking, Bread Making, Gluten Meat Substitute, Pasta, Improvised Bread Making, Dumplings, Cast Iron Cookery, Salads, Biscuits and Pancakes. This is an essential resource for anyone who cooks with grains, anyone who wishes to prepare for natural disasters or other unexpected events and anyone who just wants to save a lot of money on their food bills.

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