

# Homemade Grapenuts

## Cook's Notes

### BREAD

8 Cups Whole Wheat Flour  
3 Tablespoons Dry Milk  
2 ½ Cups Hot Water  
¾ Cup Honey  
1 Tablespoon Salt  
1 Tablespoon yeast

Mix ingredients, knead & roll out thin. Bake on a cookie sheet until hard and brown. Break up and grind in a meat grinder. Serve with cold milk.

You can learn to be creative and add extras to make a more granola mixture, by adding whole oats and dried fruits or nuts.

### A SHORTCUT VERSION

Simply try grinding one of our whole grain breads in a meat grinder. Spread this mixture on a cookie sheet and bake for 45-60 minutes. You may choose to add sweetener, and any other creative touches like dried fruits or nuts.

*Small changes can make a big difference. The reality of all of our lives does not allow us time to do all that we would like to do. It can be very overwhelming to make Big changes.....so consider making small ones. That can be as simple as adding part whole wheat flour to your existing recipes, using olive oil mayonnaise, concentrating on fresh fruits, vegetables, and whole grains. Dinner time should be treated as an enjoyable time that we can gather and share our day. Our goal as the cook is to please their taste buds, not just to make it a lesson in nutrition.*

### WHEAT

*Wheat is one of the foods mentioned in the earliest records of mankind. We can glean from this that it has been a mainstay of man's existence. Wheat was cultivated from early times throughout the Orient and now grows nearly worldwide. All mankind benefits from this very choice grain. Yet, through processing and changing ideas we have allowed much of our knowledge of this grain to be forgotten and cast aside.*

*Wheat has the uncommon quality of assuming the flavor of whatever food with which it is used. As you try recipes, involve your children, both boys and girls, in your cooking activities that they will have a knowledge of using this nutritious food when they have homes of their own.*