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## Einkorn Recipes



## Synopsis

One of the biggest misconceptions amongst people is that healthy baking using 100% whole grain and unadulterated flours is hard and challenging, and makes bread that is tough and tasteless at best. Nothing could be further from the truth! Grains and the food products made from them have been a staple of civilization since its inception. Einkorn was one of the first domesticated forms of wheat, and fed millions throughout the Fertile Crescent area. This is the grain from which the loaves in biblical times were made. I will show you why healthy baking should never be hard; instead, it should be fun and rewarding. Get ready to make the best homemade bread you've ever had and much more--all from scratch.

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