



# Welcome to Wholy Living



Welcome Info

Revised January 2014

HEALTH & WELLNESS begin with a good foundation, your diet. Wholy Living's purpose is to introduce families to the concepts of incorporating grains into the diet, the way God created them to be eaten. Our grains are either Certified Chemical Free or organic which equates to non GMO! Feed your family with the best! With the use of the Nutrimill and the Bosch Universal Plus Kitchen Machine, we teach you about the health and economic benefits of making your own fresh whole grain baked goods. It's an exciting adventure! Many families like yourselves love and appreciate the economical and nutritional benefits of whole foods. Our culture is inundated with processed, nutrient void stuff. WL offers the ingredients to reestablish the lost art of cooking with REAL whole food. Relish the flavors. Energize your body with REAL food. Say good bye to the hydrogenated oil, refined flours, sugar, & salt that contribute to weak, fat, chronically ill bodies. Start thriving with REAL WHOLE FOOD! Come and visit our store up on Lazy Mountain. Attend our Cooking Classes. Explore our website & view a full schedule of classes and events at [www.wholyliving.com](http://www.wholyliving.com).

## Getting Started with Wholy Living

1 – In the fall and spring, we mail or e-mail our newsletters with recipes and helpful hints along with price lists for that ordering cycle. Place your order on line or with our established grain “depots” around the state. Families in the Fairbanks area, Copper Valley, Delta Junction, and several on the Kenai Peninsula do a great job holding bread classes and disbursing our products. See the website for their addresses and phone numbers.

2 - Once a month we offer bread classes to teach the basics of switching to whole grains. Enjoy not only fabulous bread, but pizza, hot cereal, and great fellowship. Take home cinnamon rolls as well. Check out the schedule for our baking classes ~ All Healthy ~ All Delicious!

3 - Our primary grain supplier is Wheat Montana Farms. In 1999 WMF won the Best Managed Farms Contest out of all farms in the United States.. Today their deliveries span the whole continent. All their grains carry a “Better Than Organic” guarantee. This means that these grains are actually tested and certified to be chemical and pesticide free. Since 1993, these folks have provided us several 100 tons of delicious grain. In Psalm 147:14, God mentions feeding His people ‘with the finest of the wheat,’ I think He means WMFarms!

### Bread Basics

Great bread begins with premier equipment ~  
The NUTRIMILL & The BOSCH UNIVERSAL PLUS,  
more than a mixer!



1 – The NUTRIMILL, Cadillac of the industry ~ The cutting edge in technology is this white cylinder shaped marvel. With variable speed, this mill will produce very fine flour and coarse flour from grains or legumes. The flour canister is actually a drawer in the base which holds about 16 cups of flour. With a lifetime warranty, plan on limitless service

from this essential machine. Compare the Nutrimill features with any other mill on the market to understand, it is THE best.

2 – BOSCH UNIVERSAL PLUS ~ ***“I LOVE MY BOSCH!!!*** Now I love to cook!” Those are common words to our ears!! Most men know the BOSCH car part name is synonymous with quality. The Bosch company also produces the best kitchen appliance on the market. The heavy-duty bowl locks onto the base and holds enough dough for 5 ~ 6 loaves of bread, a crowd-size batch of cookies, a massive amount of mashed potatoes or a table full of pie crusts. With two sets of whisks, you can whip cream, stir up angel food cakes, or create a fluffy meringue. Use the French whisks for light things and the cookie paddles for cookies. Don't forget the BLENDER!! With stainless steel blades it is strong enough to crack any grains, puree carrots, whirl up smoothies & create snow cones. Because the 800 watt motor has an automatic transmission, the Bosch Universal Plus motor will never burn out. Make bread all day, grind up a moose all evening

& it'll still be ready to go in the morning. The Bosch Universal is an all inclusive machine. With these attachments, declutter your cabinets of excess appliances ~ SLICER SHREDDER, FOOD PROCESSOR, CITRUS JUICER, and the MEAT GRINDER. The SLICER/SHREDDER, with a 12 cup bowl, will slice fruits & veggies, shred cheese, carrots, etc & the French fry blade does a great job on chunking veggies for soups & pizzas. A must for massive cooking days. The 5 cup FOOD PROCESSOR fits on the direct drive blender mount. It includes 3 shredding, slicing disks and a stainless steel dual knife for pulverizing onions, nuts, anything.... I was stunned by the power and efficiency of this wonderful attachment. For the successful hunter, the meat grinder does a great job on any & all game. Our son-in-law used his for Russian boar, moose, caribou, bear, & rabbit. Want to ‘roll’ your own oats? Try my favorite attachment, the ROLLER FLAKER. This Roller Flaker flattens your favorite grains to produce THE BEST hot cereal you have ever tried. Take one bite & you will be impressed. My favorite combination is spelt and 7 grain mix for delicious for hot cereal. Throw it in cookies, cakes, and bread. Try it, YOU WILL BE AMAZED!!

3 – PRAIRIE GOLD HARD WHITE SPRING WHEAT ~ When I first started milling my own flour for bread, all that was available was red winter berries at the health food store. In 1993 at the Alaska State Fair, I met a man selling Prairie Gold from Wheat Montana Farms. WOW!!! After my first bite, I was sold. P. Gold is so versatile, great for not only bread, but cookies & cakes, pizzas & rolls. When God told Israel he wanted to furnish them with the finest of the wheat, I think He was visualizing Prairie Gold for us.

4 - SPELT & KAMUT ~ These wonderful grains make delicious bread when combined with Prairie Gold Wheat, also a delicious alternative to those who are sensitive to wheat. Spelt needs only be mixed a few minutes in the Bosch to develop the gluten. Be careful not to over mix it. An Egyptian grain, Kamut mills into the finest, yellow flour of all the grains. I use 6 cups P Gold and 3 cups each of Spelt and Kamut for delicious bread.

5 – DOUGH ENHANCER ~ I use dough enhancer to extend the shelf life and improve the texture of my bread. If you want a light, ‘Wonder Bread’ loaf, dough enhancer is a must!! Only use a heaping 2 Tablespoons for 5 loaves.

6 – SAF YEAST ~ This is the most wonderful yeast I've ever tried. No need to ‘presoak’ it with warm water, just throw it in the bowl with the other ingredients. Use just 2+ Tablespoons for 5 loaves in the Bosch. It is so fast rising, my bread only sits in a warm oven for 20 minutes before it bakes. You'll never waste your ingredients on any other yeast after using it!!!

***NOTHING  
MAKES BREAD  
LIKE A BOSCH  
UNIVERSAL  
PLUS!***



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## *It's no joke, you need to soak!*

After resisting for a long time, I finally decided to try soaking and dehydrating my grains before running them in my Nutrimill. What an amazing process! This essential step effectively removes the natural outside barrier, the phytic acid, that inhibits absorption and assimilation of those natural nutrients locked inside each grain. The result is fabulous, soft bread that easily digests and runs through the system! Many folks who think they need to eat gluten free, are now free to enjoy real bread again! If you feel bloated and uncomfortable after consuming whole grain foods, try it. Here's how: soak your whole grains in water for 12 hours. (I use a gallon jar.) Rinse them in a mesh colander until the foam drains away. Spread the plump grains into our FILTER PRO DEHYDRATOR trays. Set it at 120 degrees for 8 hours or until crispy. Now run them in the mill just like normal and make your bread. Even the dough is softer, smoother! I also soak most all my other grains before eating or milling. Refer to *NOURISHING TRADITIONS* for all the details to soak nuts, seeds and legumes prior to consumption. Now that is healthy eating!

## *The Bookshelf*

Here is a wonderful cadre of books covering HEALTH, NUTRITION, and HOME EC. We trust they will provide the information you seek. LAUREL KITCHEN BREAD BOOK is everything you want to know about bread making, that Margaret doesn't know, but Laurel knows. Well over 400 pages of recipes, hints and ideas with all varieties of grain, make this a bread encyclopedia!! A plastic bind makes it a 'counter convenient' volume. The new buzz in whole grains is soaking & sprouting. Refer to our EXPANDING YOUR WHOLE GRAIN HORIZONS booklet & DVDs, filmed in March 2011 in our home. *NOURISHING TRADITIONS* explains the dietary habits of ancient cultures which produce their long life spans! Another great resource on soaking & fermentation. NO MORE BRICKS, a wonderful resource for the frustrated whole grain bread baker. SALT YOUR WAY TO HEALTH, an informative book teaches the importance of unprocessed salt, a essential to good health. No more Mortons in our home, ever. Again unprocessed, unrefined is the key to REAL FOOD. SUPER BREAKFAST CEREALS will motivate you to make luscious hot cereals and smoothies for your family at a fraction of the cost of commercial cereals. WONDER FOOD SPELT is a wealth of info regarding the marvelous qualities of Spelt, along with many recipes. I was amazed!! HEALTHY RECIPES FROM THE HEART OF OUR HOMES is tailor made for the Bosch/Nutrimill combination. Many fantastic bread, desserts, & entrée recipes, along with helpful suggestions make this a wonderful beginner book. KIDS CAN COOK features easy vegetarian recipes for the budding homemaker. WHAT THE BIBLE HAS TO SAY ABOUT HEALTHY LIVING is a great source for Biblical guidelines for your consideration.

~~~~For the complete bookshelf listing, go to~~~~  
[www.whollyliving.com](http://www.whollyliving.com).

## *Wholly Recipes*

### GF Low Carb Crackers

1 ½ C ground seeds - any mix of sesame, sunflower, pumpkin, flax  
½ tsp salt                      ¼ cup water  
opt: any seasoning you like- Italian, Ranch, chipotle, cumin, etc.  
For cheese crackers- add 1½ - 2 cups of any type of cheese. If using Parmesan only ½ cup is needed.  
Grind seeds in food processor or coffee grinder (not a grain mill!) mix all ingredients well and roll or press onto cookie sheet covered with parchment paper (these will STICK) or a Sil Pro Mat. Get as thin as possible, poke with a fork and cut. Sprinkle with salt if desired. Bake at 325 for about 30 minutes or until light brown and crispy. I love to take these traveling. Delicious & satisfying.



### Chewy Granola Bars

1/2 C Brown Sugar                      2/3 C Peanut Butter  
1/2 C Honey                              2 t Vanilla  
1/2 C Melted Butter or coconut oil or palm fruit shortening

Mix the above in a bowl & preheat oven to 350...then add:

3 C Oats , freshly rolled  
1/2 C Coconut  
1/2 C Sunflower Seeds  
1/2 C dried cranberries  
1/4 C Sesame Seeds  
1 C Chocolate Chips  
1/3 C freshly milled flax meal



Combine well, then press into a cookie sheet lined with the Sil Pro mat & bake 20 minutes. Let cool before cutting into bars. Slice very carefully so as not to damage the Sil Pro mat!

- Make your own fabulous brown sugar with molasses & our evaporated cane juice sugar in Bosch bowl with wire whips.
- Feel free to substitute your own special ingredients ~ pumpkin seeds, diced apricots, raisins, nuts.

## *Wholly Thoughts*

A woman once fretted over the usefulness of her life. She feared she was wasting her potential being a devoted wife and mother. She wondered if the time and energy she invested in her husband and children would make a difference.

At times she got discouraged because so much of what she did seemed to go unnoticed and unappreciated. "Is it worth it?" She often wondered. "Is there something better that I could be doing with my time?"

It was during one of these moments of questioning that she heard the still small voice of her heavenly Father speak to her heart.

*You are a wife and mother because that is what I have called you to be. Much of what you do is hidden from the public eye. But I notice. Most of what you give is done without remuneration. But I am your reward.*

*Your husband cannot be the man I have called him to be without your support. Your influence upon him is greater than you think and more powerful than you will ever know. I bless him through your service and honor him through your love.*

*Your children are precious to Me. Even more precious than they are to you. I have entrusted them to your care to raise for Me. What you invest in them is an offering to Me.*

*You may never be in the public spotlight. But your obedience shines as a bright light before Me. Continue on. Remember you are My servant. Do all to please Me."*

I copied that from an email. It fits so appropriately. Dads leading the home and Moms continuing on, will produce the next godly generation of American leaders. You may be training another George Washington or James Madison. Think about it.

Welcome to Wholly Living. Trust we can be a blessing to you and your family.

Thank you for taking the time to read our newsletter. Find more information on our website ~ [www.whollyliving.com](http://www.whollyliving.com) If we can be of service, feel free to email [Margaret@whollyliving.com](mailto:Margaret@whollyliving.com) or call 745-5639.

*Wholly Yours,  
Margaret Loew*

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