

Moses Bread

10 handfuls SPELT flour
1/2 cup grape juice
1/2 cup oil (light olive oil)
Pinch of sea salt

Knead together well without overworking, blending all ingredients well. Flatten onto ungreased cookie sheet and roll out smooth on top. Score lines forming breadsticks-- used a fork to create a dotted line across and down to create "breadsticks".

Bake @ 400° for 10 minutes; Reduce heat and bake at 300° for 15-20 minutes. Let cool.

From the kitchen of Melinda Harris