

Natural Health Center

262-354-4683

When the weather starts getting a bit more nippy this time of year, we inevitably find ourselves turning back to old favorite's likes soups and stews. Nothing completes a hearty bowl of goodness like a fresh roll. Who's got time for that you say? With this fast and easy recipe, you do! These super quick and easy rolls are similar in texture to dumplings and go with everything from soups to stews. If you can't find whole spelt flour, you could use whole wheat. I encourage you to try whole spelt for its high nutrition and lightly sweet nutty flavor.

Super Quick Rolls

Coming it around 80-110 calories, depending on the fat option. Makes 6 rolls.

1 cup spelt flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 cup goat (or your choice) milk
1/2 tsp Rapadura (or sugar)
2 tbsp mayo, plain low-fat yogurt or low-fat sour cream

- Mix all dry ingredients together
- Add the mayo (or other fat) and mix in until crumbly
- Add milk and stir well until all mixed
- You can grease muffin tins, or wait a minute until the mix starts to thicken and drop into 6 even mounds on Silpat or parchment paper (this is easiest and what I do)
- Bake at 450° for 7-9 minutes, until golden
- Leftover rolls are great warmed up in the microwave.

For more recipes and tips on healthy cooking visit www.essentialgrain.com.

Visit www.acupunctureeconomowoc.com for more details. Click on 'Contact Us' for a Google map to our location.

132 N. Main Street
Oconomowoc, WI 53066
262.354.4683

www.acupunctureeconomowoc.com

In maintaining our Privacy Policy, Natural Health Center LLC may contact you periodically with news articles, specials and invitations to various events. Rest assured that your email address and other contact information will be kept in the strictest confidence. We do not sell, trade, loan or distribute any contact information with any third parties unless required by law. If you wish to unsubscribe, please notify us by email: acupunctureeconomowoc@gmail.com. Some graphics contained within this newsletter have copyrights. Any use without permission is strictly prohibited. The information provided in this newsletter is for your inspiration and reference and is not meant to replace diagnosis and treatment from a qualified physician or therapist.