

Spelt Nut Bread

2 cups of well ground spelt flour

½ cup of ground flax seed.

½ cup of dry rolled oats/ quick oats work fine

½ cup ground walnuts

½ teaspoon of salt (optional)

**6 teaspoons of rumford's baking powder
(it contains no aluminum)**

¼ cup honey, or another sweetener of your choice.

¼ cup olive oil (optional)

2 cups water

Preheat your oven to 400 degrees. Grease an iron skillet well with coconut oil. Mix all dry ingredients together well. Now mix all wet ingredients together. Next pour all the liquid into the dry and mix very quickly. There is no second chance. Do not over stir. If it is over mixed, it will begin to fall rather than rise. It should have a wet thick pancake dough like consistency. Quickly pour the mixed ingredients into the greased skillet.

Now place the skillet or pan into the oven and set the timer for 25 minutes. After the bread is baked, take it out of the oven and leave it sit for a few minutes. Then take a table knife and go around the edges. Lay a dish over the top and turn it upside down. The bread should come out of the pan and be ready to cut. After the bread has cooled, it should be covered or placed in a zip lock bag to prevent it from drying out. It is best served warm, and can be re- heated.