

# Spelt Bread

1 c water  
1½ tsp vegetable oil  
1½ tsp honey  
½ tsp lecithan granules\*  
3 c Spelt Flour  
3 Tbsp. powdered milk  
1½ tsp salt  
2 tsp Yeast

Place the ingredients in the pan according to the machine's directions. Set for Whole Wheat cycle.

Makes 1 loaf: 1548 calories; 24 g dietary fiber; 281 g carbohydrates; 54 g protein; 22 g fat (1 g saturated fat); 2 mg cholesterol; 3532 mg sodium.

## **\*Lecithin**

Lecithin is needed by every living cell in the human body. Cell membrane, which regulate which nutrients may leave or enter the cell, are largely composed of lecithin. Without the lecithin, the cell membranes would harden. The protective sheath surrounding the brain is composed of lecithin, and the muscles and nerve cells also contain this essential fatty substance. It is especially important that the elderly obtain this nutrient because it helps prevent arteriosclerosis, protect against cardiovascular disease, increase brain function, and aids in the absorption of thiamin by the liver and vitamin A by the intestine.

Lecithin would be a wise addition to anyone's diet. Two tablespoons of lecithin granules can be sprinkled on cereal and soups or added to juices or breads. Taking one softgel before meals helps the digestion of fats and absorption of the fat-soluble vitamins. Lecithin enables fats, such as cholesterol and their lipids to be dispersed in water and removed from the body.