



JoshEWEa's Garden, LLC  
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## 5 Grain Cereal Mix

Ingredients: Organic Spelt, Organic Millet, Organic Rice, Organic Barley and Organic Red Lentils

This recipe is taken from **Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats**, second edition ©1999, 2001 published by NewTrends Publishing, Inc., Washington D.C. and used with permission from the author, **Sally Fallon**.

We've made it easy for you by combining these whole, organic grains into a one-pound package. On the back label you'll find TWO ways to prepare this mix – one sweet, one savory – both highly nutritious and conforming to the Weston A Price traditional foods principles.