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## UN-BAKED BREAD FOODS

According to what is offered as a translation from the Dead Sea Scrolls in the first small booklet entitled "The Essen Gospel of Peace" offered at <[www.essene.com/GospelOfPeace/peace1.html](http://www.essene.com/GospelOfPeace/peace1.html)>

In this offering Jesus teaches the people how to prepare their food from sprouted grain.

By adding water to seeds and they begin to become a seed it is said that the sprouting seed increases as much as 400 times in enzyme or nutrient rich value. It is really a miracle.

According to that offered by Jesus in the Essene Gospel of Peace, our bodies were created to live off of life, to live off of dead foods brings sickness and death.

He further explains that to freeze or heat foods over the human body temperature then destroys the living foods, thus being dead foods. We call this process today, pasteurization and/or preserving, which is not preserving the living enzymes.

## UN-BAKED COOKIES

The inventor has experimented with the process of making cookies following somewhat that offered by Jesus.



### The Process:

**Step One:** Clean a cupful of sprout-able Wheat by placing it into a larger container and washing the Wheat using rushing tap water. The impurities rise and can be washed away, even unsproutable or damaged seeds.

**Step Two:** Place a black aerated tray into the white dish and place the washed seeds into the center of the black tray.

**Step Three:** Now add water into the edge of the white tray allowing the seed to begin to float, then stop adding water.

**Step Four:** Now juggle the black tray a little as you spread the seeds over the aerated portion of the black tray evenly. Only one layer.

**Step Five:** Now obtain a second black tray and notice a ring around the bottom of the black tray. Place that tray with its ring over the seeds on the first tray to keep the seeds from floating or moving off of the original black tray.

## Food PANTie

**Step Six:** Now place a glass or something with a little weight on top of the top black tray. Drier seeds have a tendency to float in the beginning, this holds the trays and wheat in place.

**Step Seven:** Now gently add additional clean water until the surface of the top black tray has been covered with water. This means that all the seeds are now under water.

**Step Eight:** Leave the seeds submerged under water for eight hours, or over night. This begins the germinating process. BE CAREFUL not to soak the seed too long as they can drown destroying the seeds for sprouting.

**Step Nine:** Rinse the seed twice a day unless you are in a very dry area, you might have to do it three times a day. You want to keep the cells in the upper and lower tray full of water to maintain the proper moisture environment for the seeds while allowing air circulation at the same time. To rinse the seeds remove the glass (weight) and lift the two trays together making sure enough pressure is applied to keep the seeds in place. Now turn your tap water on mild, and run the trays together with the Wheat between under the running water. You can see the cells of the trays fill with new fresh water while washing away any older water. This is done at each rinsing. Then replace the trays with the wheat to the white dish after you have rinsed the white dish out clean.

**Step Ten:** As the seeds become a small plant and they start coming up through the slots of the upper tray, the roots are also growing down through the bottom tray. Because there is little room between the bottom black tray and the white dish, the roots begin to parallel the black tray. This in time will hold the plants in place for a more vigorous watering system. As the greening upper part of the plants begin to grow up through the upper black tray, now remove that tray and turn it upside down and replace it over the plants. This gives a little more room to grow.

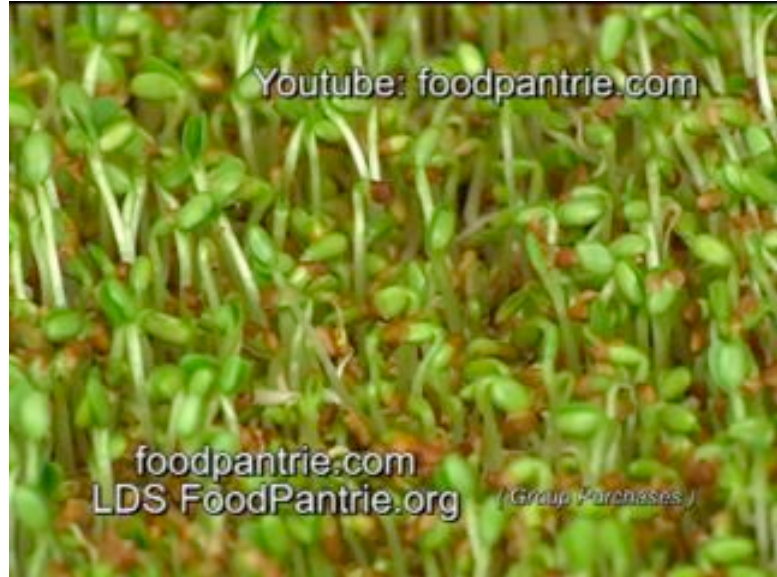
**Step Eleven:** As the plants begin to grow up through the top tray again, just remove it as the roots will now hold the plants in place and you will want to allow more light to get to the growing plants. Now the rinsing process changes.

**Step Twelve:** With the upper tray now gone you turn your tap water on gently then fill the white dish with water allowing water to completely wash the small plants. Once enough water has washed the plants remove the trays from the tap water and lift the edge of the black tray as you allow the water in the white dish to pour into the sink. This will leave enough water attached to the black tray and plants to last until the next rinsing. In hot area's you may have to rinse more than two times a day.



## Food PANtie

**Step Thirteen:** Begin to eat the sprouts. They can be eaten from the tray. They can be placed in taco's, a wrap using lettuce leaves, adding desired salad toppings etc., use them in salads, and where ever you can imagine. THIS IS REAL LIVING FOOD and because it is so nutrient rich the portions can be greatly reduced and receive a powerful energy feeling.



### **MAKING THE UN-BAKED (non-cooked) FOODS**

In preparing the sprouts for unbaked foods the sprouting process above is shortened and altered.

**Proceed through Step One through Step Eight above.**

Now as you can see the seed swell and the tiny plant begins to emerge at this point you remove the black tray with the sprouting seeds and place the tray in the Food PANtrie to let the seeds stop growing and dry.



### **MAKING A NICE BREAKFAST FOOD**

Using my Marga, hand cranked wheat grinder that has three different settings. I roll the wheat berries to make rolled wheat, somewhat like rolled Oats, but enzyme rich rolled wheat. I use this just like eating Wheatie's for wonderful enzyme rich meals.



## MAKING UN-BAKED COOKIES

To make the cookies you must allow the wheat berries to dry until they are grindable in whatever grinder you use. Grind your own flour then mix the ingredients you prefer into the dough. Form your cookies and place them gently on the black aerated trays and place them in the Food PANtrie to dry to the consistency you prefer. Place them in airtight containers to stop the drying process and you now have enzyme rich treats that will store for months and can be used anywhere.



Please share your discoveries using the Food PANtrie so we can place them on these pages.

Thanks,

K. Duane Erickson