

## Spelt

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What is Spelt - If you are wondering what spelt is, you have come to the right place

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*SUMMARY Spelt*

Spelt is a type of grain that is strongly related to wheat. Its scientific name is *Triticum spelta* (1). In fact, spelt is considered a distinct type of wheat. Other types of wheat include einkorn...

*What is Spelt, and is it Good For You?*

Spelt (*Triticum spelta*), also known as dinkel wheat or hulled wheat, is a species of wheat that has been cultivated since approximately 5000 BC. Spelt was an important staple food in parts of Europe from the

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Bronze Age to medieval times.

## *Spelt - Wikipedia*

Definition of spelt (Entry 2 of 2) chiefly British past tense and past participle of spell Examples of spelt in a Sentence Recent Examples on the Web: Noun Olive oil and spelt, a grain with an earthy flavor, offset some of the sweetness of the filling.

## *Spelt | Definition of Spelt by Merriam-Webster*

Spelt is an ancient grain that is a subspecies of wheat. Spelt and wheat are similar in terms of appearance, but spelt has a stronger husk and slightly different nutritional content. People in...

*Spelt: Nutrition, health benefits, and how to use it*

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noun one of the earliest cultivated forms of wheat, *Triticum aestivum spelta*, native to southern Europe and western Asia, used for livestock feed and as a grain for human consumption.

*Spelt | Definition of Spelt at Dictionary.com*

Spelt is a super-nutritious, healthy grain that has been used for thousands of years for its numerous health benefits. Adding spelt to your diet can improve your digestion, boost immune function, and help you get the vitamins and minerals you need each day.

*What Is Spelt? 7 Health Benefits that Make Spelt Good For You*

Spelt is an ancient grain that's similar to wheat in appearance (and is

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related, botanically, to wheat). Spelt has a tougher husk, which helps protect the nutrients inside the grain. Flour made from spelt has a nutty, slightly sweet flavor and can be used in most recipes that call for regular or whole-wheat flour.

## *Spelt Flour Nutrition Facts and Health Benefits*

Spelt is a variety of grain or cereal that is closely related to wheat. In fact, spelt likely developed from hybridization of emmer wheat and wild goat-grass. It is closely related to normal “bread” wheat, but the popularity of bread wheat soon made spelt obsolete, which is why it is considered a “relic” crop.

## *8 Surprising Benefits of Spelt | Organic Facts*

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Spell is a verb with irregular and regular forms. Spelled and spelt are both common forms of the past tense and the past participle of spell, though with geographical differences. Learn more about the details of this difference, as well as additional uses for spelt, below. Here's a tip: Want to make sure your writing always looks great?

## *Spelled or Spelt? Depends on Where You Live | Grammarly*

In American English, spelt primarily refers to the hardy wheat grown mostly in Europe, and the verb spell makes spelled in the past tense and as a past participle.

## *Spelled Vs. Spelt? | Depends on where you live – Grammarist*

The 'ancient grain' spelt is related to

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modern wheat, but it's actually an entirely different species. From what I hear, it's easier to digest, higher in protein and fiber, and to me at least, has a much better flavor and texture than other whole-wheat flours. Top with favorite pizza toppings!

### *Spelt Recipes | Allrecipes*

Spelt is an heirloom grain that's causing waves in the bakery world. This type of whole wheat is packed with fiber and flavor, and is popular among home cooks, chefs, and anyone looking to incorporate more nutritious grains into their diets. You can find this grain in whole berry form and more commonly as a flour.

### *What is Spelt? - The Spruce Eats*

Be Still Farms Organic Spelt Wheat Berries (5lb) Grind Wheat to Organic

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Spelt Flour for Spelt Tortillas or Spelt Crackers - Use Whole Wheat Berries Organic to make Spelt Bread Organic - Ancient Grain. 4.6 out of 5 stars 47. \$25.99 \$ 25. 99 (\$0.32/Ounce) Save 5% more with Subscribe & Save.

*Amazon.com: spelt bread*  
Shibolim, Extra Fine, Stone Ground 100% Whole Spelt Flour, (3lb Resealable Bag) 48oz , Triple Sifted, 100% Whole Grain 4.8 out of 5 stars 262 \$11.99 \$ 11 . 99 (\$0.25/Ounce)

*Amazon.com: spelt flour*  
Spelt is not only good for you, it is also delicious! This ancient cereal grain features a sweet and nutty flavor and for those with wheat allergies, spelt flour is a great alternative in baked...

*Spelt Recipes | Food & Wine*

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Spelt, or hulled wheat, is a close relative to common wheat that supplies a rich source of nutrients and a nutty flavor. One unique characteristic of the grass, *Triticum spelta*, is that it requires fewer fertilizers than other species of wheat. As a result, it has seen a resurgence in recent years thanks to the organic farming movement.

*Spelt — Grains — Cooking — Nuts.com*  
Spelt Flour is 100% stone ground from a delicious, easily digestible ancient grain that is a primitive relative of modern wheat. This whole grain flour can be used in most recipes calling for all purpose flour or whole wheat flour, including bread, cookies, muffins and waffles. Spelt flour is also a good source of fiber.

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## *Spelt Flour :: Bob's Red Mill Natural Foods*

This recipe was easy to make (spelt is known to be fussy) I did substitute agave nectar for the sugar to lower the glycemic index since it is being made for a diabetic. One warning I do have for people with allergies is that spelt is a type of wheat better tolerated the most.

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