



THE
WORD OF
WISDOM

Hope, Healing, and
The Destroying Angel

Companion Recipe Guide



BY CASSIDY GUNDERSEN, MS

Congratulations!

Welcome to one of the greatest journey's you will ever embark on. Living the Word of Wisdom with exactness is no small feat in today's world. It can be emotionally, physically, and spiritually taxing at first, but the blessings are innumerable!

To help you in this process, we have compiled just a few of our favorite Word of Wisdom approved recipes to get you started on your journey. We hope you enjoy them as much as we do.

Visit wordofwisdombook.com for more resources.



Sourdough Kamut Bread

Ingredients

- 3 cups kamut flour
- 1/2 cup sourdough start
- 1 1/2 cups water
- 1/2 tsp salt

Instructions

1. Combine flour, start, water and salt in bowl and mix.
2. Knead with hands for 3-4 minutes.
3. Place in bread pan and let rise for 5 hours.
4. Bake at 350 degrees for 45 minutes or until slightly browned.

Buckwheat Bowl

Ingredients

- 2 cups buckwheat, soaked overnight
- 1 banana
- 2 cups berries of choice
- 1 apple
- 1 tsp flax seed
- Handful nuts of choice

Instructions

1. Drain and wash soaked buckwheat.
2. Combine with 3 cups water in medium pan and simmer over medium low for 12-15 minutes.
3. While cooking, cut banana and apple into bite sized pieces.
4. Turn off heat and let sit for 5 minutes.
5. Pour in bowl and top with berries, flax and nuts.



Spelt Pancakes



Ingredients

- 1 cup spelt flour
- 1 TBSP baking powder
- 1/4 tsp salt
- 1 tsp cinnamon
- 2 TBSP maple syrup
- 1 cup water

Instructions

1. Mix all dry ingredients in medium size bowl.
2. Add maple syrup and water and mix well.
3. Let sit for 5-10 minutes.
4. Cook on skillet on medium heat for 3-4 minutes and flip. Cook other side for 2 minutes.
5. Remove and enjoy with jam, fresh fruit, or maple syrup.



Muesli Breakfast Bowl

Ingredients

- 2 cups whole rolled oats
- 1/2 cup raisins
- 1/3 cup pecans
- 1/4 cup chia seeds
- 1/2 cup shredded coconut
- 1/3 cup sunflower seeds

Instructions

1. Combine all ingredients in a bowl and store in fridge for up to 2 weeks.
2. When ready to eat, serve with milk of choice, banana and berries.

Chickpea Rice Bowl



Ingredients

- 4 cups brown rice, cooked
- 1 1/2 cups chickpeas, cooked
- 4 cups broccoli
- 1 TBSP Miso
- 1 tsp lemon
- 1/4 cup water

Instructions

1. Steam broccoli over the stove for 3-4 minutes or until tender.
2. Combine rice, chickpeas and broccoli in large bowl and gently toss to combine.
3. In small bowl combine Miso, lemon and water. Mix with small whisk or fork until thoroughly combined.
4. Separate rice and bean mixture into bowls and top with miso dressing.

Farro Risotto

Ingredients

- 1/2 small onion, chopped
- 4 cloves garlic, minced
- 1- 14 oz can diced tomatoes
- 1 1/2 cups Farro
- 4 cups water
- 1 tsp salt
- 1/2 tsp pepper
- 1 1/2 TBSP Italian spices
- 1 pint cherry tomatoes, halved
- Fresh basil



Instructions

1. In a large saucepan saute onion for 5 minutes or until soft. Add garlic and saute for another 1-2 minutes.
2. Add Farro and stir in 1 cup of water. Stir on high heat for 5 minutes.
3. Add 2 cups water, diced tomatoes, salt, pepper, and spices. Bring to a boil then put lid on and simmer on low for 30 minutes. Stirring halfway through.
4. Add in cherry tomatoes, remaining 1 cup water and adjust spices to your liking. Replace lid and continue simmering for 15 minutes.
5. Take off heat, remove lid and cool for 10 minutes.
6. Top with fresh basil and other toppings.

Quinoa Apple Salad

Ingredients

- 4 cups dark leafy greens
- 1 1/2 cups cooked quinoa
- 2 apples, cut up
- 1/2 cup dried cranberries
- 1 avocado
- 1/4 cup walnut, chopped
- 1/4 cup pumpkin seeds

Instructions

1. Place all ingredients in a salad bowl.
2. Add a few tablespoons of apple juice or salad dressing of choice and gently toss to combine.





Stuffed Sweet Potato

Ingredients

- 2 Large Sweet Potatoes
 - 1 1/2 tsp cumin
 - 1/2 tsp paprika
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 1 cup kidney beans, cooked
 - 1 cup chickpeas, cooked
 - 1/2 cup red bell pepper, diced
- Sauce:
- 1 avocado
 - 1 TBSP coriander
 - 3 TBSP lime juice
 - 1 clove garlic
 - 1/2 tsp cumin
 - 1/3 cup water
 - 1/2 tsp salt
 - dash of pepper

Instructions

1. Pierce sweet potatoes with fork 3-4 times and cook at 400 for 40 minutes.
2. In the meantime, blend all sauce ingredients together and then put in fridge until potatoes are done.
3. Once potatoes are done cooking, cool for 10 minutes . Cut lengthwise in half and scoop out insides.
4. Mix insides with spices, chickpeas, kidney beans and bell pepper.
5. Fill mixture into potato skins and bake for an additional 15 minutes.
6. Remove from oven and drizzle with avocado sauce.

Brown Rice and Potato Soup

Ingredients

- 4 ribs celery
- 6 medium carrots
- 1 small onion
- 4 medium potatoes
- 2 cups cooked brown rice
- 1 tsp salt
- 1 TBSP Italian seasoning
- 1/4 tsp pepper
- 1/4 tsp cayenne (optional for spice)



Instructions

1. Chop celery, carrots, onion and potatoes into bit sized pieces.
2. Saute onions in large pot on medium heat with 3 TBSP water for 3 -5 minutes.
3. Add carrots and celery and saute for 10 minutes or until soft.
4. Add in 8 cups of water and potatoes and bring to boil.
5. Let boil for 5 minutes and turn down to simmer. Put lid on and simmer for 30 minutes.
6. After potatoes are soft, take off the heat and add in rice and seasonings.

Lentil Loaf

Ingredients

- 2 cups lentils, cooked
- 2 cups brown rice, cooked
- 2 onions, diced
- 3 cloves garlic, minced
- 3 tsp. poultry seasoning
- 1 TBSP flax
- 1/4 cup tomato paste
- 2 TBSP nutritional yeast
- 1/2 tsp salt

Instructions

1. Saute onions in pan with 3 TBSP water for 10 minutes or until translucent
2. Add garlic and cook for 2 more minutes
3. Combine all ingredients in food processor and pulse until well combined and partially mashed
4. Add to silicone bread pan and bake at 350 for 1 hour
5. Cool for 15 minutes and enjoy!

