

Wheat Nuts®

IMPORTANT MESSAGE ABOUT COOKING WITH Wheat Nuts®!

Wheat Nuts® perform very much like ordinary nuts in the recipes in this booklet. HOWEVER, you should be aware that **Wheat Nuts®** will tend to lose their crunchy nut-like texture if you try to use them in place of nuts in recipes with high moisture levels. We therefore do not recommend using **Wheat Nuts®** in such items as muffins, quick breads, cakes, cake-type brownies, as they will soften and no longer resemble nuts.

WE HOPE YOU ENJOY THESE TERRIFIC RECIPES FEATURING DELICIOUS **Wheat Nuts®!**

Wheat Nuts® can be used to add a great crunch to tossed and pasta salads and stir-fry dishes. However, in order to retain a great nutty crunch, we recommend that you add **Wheat Nuts®** to the dish immediately before serving. Over time **Wheat Nuts®** will absorb moisture from the surrounding ingredients and soften, losing their nutty texture.

If you would like to share *your* **Wheat Nuts®** recipe ideas with us, send them to: info@inclusiontech.com All suitable recipes will be tested in Inclusion Technologies LLC's kitchen for possible inclusion in future publications.

DID YOU KNOW Facts:

TO TRANSFORM A GOOD ICE CREAM SUNDAE INTO A GREAT ONE, TOP GENEROUSLY WITH **Wheat Nuts®!**

TO ADD A GREAT NEW DIMENSION TO YOUR BREAKFAST CEREAL, TOSS IN A HANDFUL OF **Wheat Nuts®!**

TO PROVIDE A DELICIOUS CRUNCHY TEXTURE TO YOGURT OR COTTAGE CHEESE, TOP WITH **Wheat Nuts®** RIGHT BEFORE EATING!

Wheat Nuts®...For a delicious snack-time change!

Many people who cannot eat ordinary nuts because of allergies or digestive disorders have told us they are able to enjoy **Wheat Nuts®** without worry.

Wheat Nuts® are 100% **Nut Free!**

Did you know that **Wheat Nuts®** are an excellent source of VITAMIN E? A one ounce serving contains 10% of the recommended daily allowance of this important vitamin!

Wheat Nuts®...The Crunchy-Good Nutty-Tasting Snack!

Did you know that **Wheat Nuts®** have a shelf life of at least one year? They won't become rancid like ordinary nuts. Just store them in a dry place with the bag securely zipped shut.

CATEGORY: COOKIES

BILLY GOATS

1	cup butter or margarine	1/2	tsp. baking soda
1	cup brown sugar (packed)	1	8-oz. package chopped dates
2	eggs	1	cup shredded coconut
1	tsp. vanilla	1	cup crisped rice cereal
2	cups flour	1	cup coarsely chopped WHEAT NUTS®

Cream butter or margarine and brown sugar. Beat in eggs and vanilla. Mix in flour and soda. Add dates, coconut, crisped rice cereal and **WHEAT NUTS®**. Drop by teaspoonful onto ungreased cookie sheets. Bake at 350 degrees for 10 to 12 minutes. Makes about 4 1/2 dozen cookies.

CATEGORY: COOKIES

WHEAT NUT WHEAT GERM COOKIES

Nutritious as they are delicious!

1	cup butter or margarine	1	tsp. salt
1 $\frac{3}{4}$	cups brown sugar (packed)	$\frac{1}{2}$	tsp. cinnamon
2	eggs	3	cups rolled oats
$\frac{1}{2}$	tsp. vanilla	$\frac{1}{2}$	cup wheat germ
1 $\frac{1}{2}$	cups whole wheat flour	$\frac{3}{4}$	cup coarsely chopped
1	tsp. baking soda		WHEAT NUTS®

Cream butter or margarine and brown sugar. Beat in eggs and vanilla. Mix in flour and soda. Mix in flour, soda, salt, and cinnamon. Add rolled oats, wheat germ, and **WHEAT NUTS®**.

Shape dough into two rolls about 1 $\frac{1}{2}$ -inch thick. Wrap in foil or waxed paper and place in freezer until firm (at least 15 minutes).

Cut into $\frac{1}{4}$ -inch slices. Place on ungreased cookie sheets. Bake at 350 degrees for 8 to 10 minutes. Makes about 5 dozen cookies.

CATEGORY: COOKIES

WHEAT NUTS® AND “WHITE CHOCOLATE” CHIP COOKIES

1	cup shortening	1	tsp. baking soda
¾	cup granulated sugar	½	tsp. salt
¾	cup brown sugar (packed)	1	cup shredded coconut
3	eggs	½	cups rolled oats
1	tsp. vanilla	1	12-oz pkg. white or vanilla baking chips
2 ½	cups flour	¾	cup WHEAT NUTS®
1	tsp. baking powder		

Cream shortening and sugars. Beat in eggs and vanilla. Mix in flour, baking powder, soda, and salt. Add the remaining ingredients. Mix until well blended. Drop by teaspoonful onto ungreased cookie sheet. Bake at 350 degrees for 10 to 15 minutes until lighted browned. Cool 1 minute, then transfer to racks. Makes about 5 dozen cookies.

CATEGORY: COOKIES

CHEWY CHOCOLATE WHEAT NUTS® COOKIES

1/2	cup vegetable shortening	1	tablespoons milk
3/4	cup butter or margarine	2	cups flour
3/4	cup brown sugar (packed)	1/2	tsp. baking soda
3/4	cup granulated sugar	1	cup coarsely chopped WHEAT NUTS®
1	egg		
1	tsp. vanilla	1	12-oz pkg. chocolate chips

Melt 1 cup chocolate chips with milk in saucepan over low heat. Keep warm.

Cream shortening, butter or margarine and sugars. Beat in egg and vanilla. Add melted chocolate. Mix in flour and soda. Add **WHEAT NUTS®** and remaining 1 cup chocolate chips.

Form tablespoon-size balls of dough and place on ungreased cookie sheet. Bake in 300 degree oven for 18 to 20 minutes. Cool 10 minute, then transfer to wire racks. Makes about 3 dozen cookies.

CATEGORY: COOKIES

"ONE CUP" COOKIES

1	cup butter or margarine	1/2	tsp. salt
1	cup vegetable oil	1	tsp. cream of tarter
1	cup granulated sugar	1	cup crisped rice cereal
1	cup brown sugar (packed)	1	cup rolled oats
1	egg	1	cup shredded coconut
3 1/4	cups flour	1	cup chocolate chips
1	tsp. baking soda	1	cup coarsely chopped WHEAT NUTS®

Cream margarine, oil, and sugars. Beat in egg. Mix in flour, soda, salt, and cream of tarter. Add the remaining ingredients. Mix until well blended.

Drop by teaspoonful onto ungreased cookie sheet. Bake at 350 degrees for 8 to 10 minutes until lightly browned. Cool 3 to 5 minutes on cookie sheet, then transfer to racks. Makes about 6 dozen cookies

CATEGORY: COOKIES

CHOCOLATE OATMEAL COOKIES

1	cup butter or margarine	2	cups flour
1½	cups granulated sugar	1	tsp. baking soda
1	cup brown sugar (packed)	½	tsp. salt
2	eggs	½	cup cocoa
2	tsp. vanilla	2	cups rolled oats
		1	cup WHEAT NUTS®

Cream butter or margarine and sugars. Beat in eggs and vanilla. Mix in flour, cocoa, baking soda, and salt. Add rolled oats and **WHEAT NUTS®**. Drop by rounded teaspoonful onto ungreased cookie sheet. Bake at 350 degrees 10 minutes, until set but moist in center. Do not over bake. Cool for one minute, then transfer to wire racks. Makes about 4 to 5 dozen cookies

CATEGORY: COOKIES

WHEAT NUTS® NOODLE CLUSTERS

1 12-oz pkg. semi-sweet
chocolate chips
1 ½ cups chow mein noodles
1 cup **WHEAT NUTS®**

OPTIONAL INGREDIENTS:
½ cup shredded coconut
½ cup raisins

Melt chocolate chips in a double boiler or in microwave oven (about 2 minutes on medium setting). Allow chocolate to cool to room temperature. Add chow mein noodles and **WHEAT NUTS®** and stir until well coated. Drop by teaspoonful onto waxed paper covered cookie sheet to form clusters. Chill to set. Makes 3 to 4 dozen clusters.

VARIATION: Replace chocolate chips with one 12-oz package of butterscotch pieces.

CATEGORY: COOKIES

HOLIDAY JEWEL COOKIES

1/2	cup butter or margarine	1	8-oz. pkg. dates (chopped)
3/4	cup brown sugar (packed)	1	cup red or green candied cherries (chopped)
1	egg	1	cup glazed pineapple (chopped)
1	tsp. vanilla	2	cups WHEAT NUTS®
1 1/4	cups flour		
1/2	tsp. baking soda		
1/2	tsp. salt		

Cream butter or margarine and brown sugar. Beat in egg and vanilla. Mix in flour, soda, and salt. Add dates, cherries, pineapple, and **WHEAT NUTS®**. Drop by teaspoonful onto ungreased cookie sheet. Bake at 300 degrees for about 20 minutes, until golden brown.

Note: A second 8-oz. pkg of dates may be substituted for the cherries and pineapple.

CATEGORY: DESSERTS

WHEAT NUTS® LAYER BARS

(Quick and easy no-mix recipe)

½	cup butter or margarine, melted	1	cup butterscotch chips
1	cup graham cracker crumbs	1	cup coarsely chopped WHEAT NUTS®
1	cup shredded coconut	1	14-oz can sweetened condensed milk
1	cup semi-sweet chocolate chips		

Cover bottom of a 9"x13" pan with melted butter or margarine. Sprinkle graham cracker crumbs evenly over butter. Follow with a layer of coconut, then chocolate chips, butterscotch chips, and finally **WHEAT NUTS®**. Drizzle sweetened condensed milk over the entire surface. Bake at 350 degrees for 30 minutes. Cut into squares when cool.

CATEGORY: DESSERTS

CARMELICIOUS TURTLE BARS

CRUST

2 cups flour
1 cup brown sugar (packed)
½ cup butter or margarine
1 cup coarsely chopped
WHEAT NUTS®

CARAMEL LAYER

¾ cup butter or margarine
½ cup brown sugar (packed)
1 cup milk chocolate chips

Combine all crust ingredients except **WHEAT NUTS®** and mix until crumbly. Press into bottom of ungreased 9"x13" pan. Sprinkle **WHEAT NUTS®** evenly over unbaked crust.

In 1 quart saucepan, combine butter or margarine and brown sugar. Cook over medium heat, stirring constantly, until mixture begins to boil. Boil for 1 minute, stirring constantly. Pour evenly over **WHEAT NUTS®** an crust.

Bake at 350 degrees for 18 to 22 minutes or until caramel layer is bubbly. Remove from oven. Immediately sprinkle with chips; allow to melt. Swirl chips to create a marbled effect. Cool and cut into bars. Makes 3 dozen.

CATEGORY: DESSERTS

OATMEAL FUDGE SQUARES

OATMEAL LAYER

½ cup shortening
1 cup brown sugar (loosely packed)
1 egg
½ tsp. vanilla
¾ cup flour
½ tsp. baking powder
2 cups rolled oats
½ cup chopped **WHEAT NUTS®**

FUDGE LAYER

1 6-oz pkg. chocolate chips
1 tablespoon butter or margarine
½ cup sweetened condensed milk
¼ tsp. salt
1 tsp. vanilla
½ cup chopped **WHEAT NUTS®**

Cream shortening and brown sugar. Beat in egg and vanilla. Mix in flour, baking powder, rolled oats, and **WHEAT NUTS®**. Reserve 1 cup of oatmeal layer for topping. Press the rest into a greased 9"x9" pan.

Melt chocolate chips, butter or margarine, and sweetened condensed milk over low heat in a double boiler or microwave oven. Mix in salt, vanilla, and **WHEAT NUTS®**. Spread over oatmeal layer. Cover with the reserved 1 cup of oatmeal mixture.

Bake at 350 degrees for 25 minutes. Cool and cut into squares.

CATEGORY: DESSERTS

CHOCOLATE VELVET

- $\frac{2}{3}$ cup canned chocolate syrup
- $\frac{2}{3}$ cup sweetened condensed milk
- 2 cups whipping cream
- $\frac{1}{2}$ tsp. vanilla
- 1 cup chopped **WHEAT NUTS®**

Combine all liquid ingredients and chill in refrigerator or place in freezer for about 15 minutes. Whip to soft peaks using electric mixer (this will take at least 5 minutes). Fold in **WHEAT NUTS®**. Cover and freeze until firm. Makes 8 to 10 servings.

CATEGORY: DESSERTS

ENGLISH TOFFEE BARS

1	cup butter or margarine	1	tsp. cinnamon
1	cup granulated sugar	1	8-oz bag WHEAT NUTS® ,
2	cups flour		coarsely chopped
1	egg, separated		
½	tsp. vanilla		

Cream together butter or margarine and sugar. Stir in egg yolk. Add flour and cinnamon and mix until all ingredients are well blended. Spread into an ungreased 10"x15" pan. (Mixture will be stiff.)

Beat egg white until foamy. Spread over crust. Sprinkle **WHEAT NUTS®** evenly over top of egg white and press firmly into crust. Bake at 275 degrees for 1 hour. Cut into 1 ½ inch squares while still warm.

CATEGORY: DESSERTS

QUICK AND EASY WHEAT NUTS® BARS

CRUST

½ cup butter or margarine
½ cup brown sugar
1 ½ cups flour

MIDDLE LAYER

1 8-oz bag **WHEAT NUTS®**

TOPPING

1 cup light corn syrup
2 tablespoons butter or
margarine
1 6-oz. pkg. butterscotch chips

Cream together butter or margarine and brown sugar. Blend in flour. Press into ungreased 9"x13" pan. Bake for 5 to 7 minutes at 350 degrees (325 degrees in glass pan).

Scatter **WHEAT NUTS®** evenly over baked layer and press lightly into surface. Bake 5 minutes at same temperature used for crust.

Melt the 2 tablespoons of butter or margarine. Add syrup and chips and cook until melted and mixture comes to a low boil.

Drizzle carefully and evenly over **WHEAT NUTS®** layer. Let cool and cut into small squares.

CATEGORY: DESSERTS

APRICOT BARS

1 $\frac{1}{3}$ cups dried apricots (6 oz. pkg.)	1 cup brown sugar, packed
1 cup butter or margarine, softened	4 eggs
$\frac{1}{2}$ cup granulated sugar	1 tsp. baking powder
2 $\frac{2}{3}$ cups flour, divided	1 tsp. vanilla
	1 cup WHEAT NUTS® , coarsely chopped

Powdered sugar (optional)

Place apricots in a saucepan and add water to cover. Simmer for 10 minutes. Drain and cool. Chop and set aside.

Cream together butter and margarine and granulated sugar. Mix in 2 cups of the flour. Press into ungreased 10"x5" pan. Bake at 350 degrees for 20 minutes.

Beat eggs. Add brown sugar and mix thoroughly. Stir in remaining $\frac{2}{3}$ cup flour and baking powder. Mix in vanilla and chopped apricots. Spread over baked layer. Sprinkle **WHEAT NUTS®** evenly over entire surface. Bake 20 minutes longer.

Cool and cut into bars. Roll in powdered sugar if desired.

CATEGORY: DESSERTS

PUMPKIN WHEAT NUTS® DESSERT

- 1 30-oz. can pumpkin pie mix
- 3 eggs
- 1 cup granulated sugar
- 1 12-oz. can evaporated milk
- 1 2-layer package yellow cake mix
- 1 cup butter or margarine, melted
- 1 cup chopped **WHEAT NUTS®**

Combine pumpkin, eggs, sugar, and milk. Pour into ungreased 9"x13" pan. Sprinkle cake mix evenly over pumpkin mixture. Drizzle with melted butter or margarine; sprinkle with **WHEAT NUTS®**. Bake at 350 degrees for 60 minutes, or until wooden pick inserted in center comes out clean. Serve warm or cool with whipped cream, vanilla yogurt, or ice cream.

CATEGORY: DESSERTS

APRICOT BARS

CRUST

2 cups flour
½ cup powdered sugar
1 cup butter or margarine

FILLING

3 eggs
1 cup granulated sugar
3 tablespoons butter, melted
1 ½ tsp. vanilla
1 8-oz bag **WHEAT NUTS®**,
coarsely chopped

Combine all crust ingredients and mix until crumbly. Press mixture into bottom of greased 9"x13" pan. Bake at 350 degrees for 20 minutes or until light golden brown.

In a large bowl, combine all filling ingredients except **WHEAT NUTS®**. Beat well. Stir in **WHEAT NUTS®**. Pour mixture over warm crust. Return to oven and bake an additional 30-40 minutes or until golden brown. Chill and cut into bars. Makes 36 bars.

CATEGORY: DESSERTS

JUST LIKE PECAN PIE

CRUST

1 9-inch unbaked pie crust

FILLING

3 eggs

1 cup dark corn syrup

½ cup dark brown sugar

¼ cup butter or margarine,
melted

1 tsp. vanilla

1 cup **WHEAT NUTS®**, coarsely
chopped

Prepare crust and place in 9-inch pie plate. In large bowl, combine all filling ingredients except **WHEAT NUTS®**; beat well. Stir in **WHEAT NUTS®**. Pour mixture into pastry-lined pan.

Bake at 350 degrees for 45-55 minutes, until golden brown. Serve warm or cold with whipped cream, if desired. Refrigerate leftovers. Makes 8 servings.

CATEGORY: CANDY

EASY CHOCOLATE WHEAT NUTS® CHUNKS

- 1 12-oz. bag semi-sweet or milk chocolate chips
- $\frac{3}{4}$ cup raisins
- 1 8-oz bag **WHEAT NUTS®**

Melt chocolate in double boiler or in microwave (about 2 minutes on medium setting). Stir in **WHEAT NUTS®** and raisins and mix well. Drop by heaping teaspoonful onto lightly oiled baking sheet. Chill until firm. Store in tightly covered container.

Note: Other dried fruits may be substituted for raisins, or **WHEAT NUTS®** may be used alone.

CATEGORY: CANDY

WHEAT NUTS® TOFFEE

- 1/2 cup butter or margarine
- 3/4 cup brown sugar, packed
- 1 cup chocolate chips
- 2/3 cup chopped **WHEAT NUTS®**

Butter 9"x9" pan and sprinkle evenly with chopped **WHEAT NUTS®**.

Melt butter or margarine in a saucepan. Add the brown sugar and bring to a slow boil. Boil gently, stirring constantly, for 10 minutes. Pour over **WHEAT NUTS®**. Cover immediately with chocolate chips. Allow chips to melt and spread evenly over surface. Let cool and break or cut into pieces.

CATEGORY: CANDY

WHEAT NUTS® CHOCOLATE MAPLE CANDY

This recipe is NOT nut-free

- | | | | |
|---|-------------------------------|---|--|
| 1 | 12-oz. bag chocolate chips | 1 | cup butter or margarine |
| 1 | 12-oz. bag butterscotch chips | 1 | 14-oz. can sweetened condensed milk |
| 2 | cups peanut butter | 1 | small pkg. regular (not instant) vanilla pudding mix |
| | | 1 | tsp. maple flavoring |
| | | 2 | lbs. powdered sugar |
| | | 2 | 8-oz bags WHEAT NUTS® , slightly broken or coarsely chopped |

Melt the chocolate and butterscotch chips together in a double boiler or microwave oven. Mix in peanut butter. Spread $\frac{2}{3}$ of this mixture in a 10"x15" pan and place in freezer to harden quickly.

Melt butter or margarine in a nonstick pan. Add the sweetened condensed milk, pudding mix, and maple flavoring. Boil for 1 minute, stirring constantly. Remove from heat and mix in powdered sugar. Spread and pat over top of first layer. (This layer will be the consistency of cookie dough.)

Mix the remainder of the chocolate mixture with the **WHEAT NUTS®**. Spread over entire surface. Cut into 1-inch squares before too hard. Refrigerate.

CATEGORY: CANDY

CRUNCHY WHEAT NUTS® BRITTLE

2	cups granulated sugar	1	tsp. baking soda
1	cup light corn syrup	1	tsp. vanilla
½	cup water	1	8-oz bag WHEAT NUTS®
1	cup butter or margarine		

In heavy 3-quart saucepan, combine sugar, corn syrup, and water. Mix well. Cook over medium heat until sugar dissolves, stirring constantly. When syrup boils, add butter. Stir constantly to 280 degrees. Remove from heat.

Stir in soda, vanilla, and **WHEAT NUTS®**. Pour onto 2 buttered cookie sheets. Stretch to desired thickness by pressing and pulling. When cool, crack into pieces. Makes about 2 pounds.

CATEGORY: CANDY

QUICK MAPLE PENUCHE

- 1/2 cup butter or margarine
- 1 cup brown sugar
- 1/4 cup milk
- 2 cups powdered sugar
- 1 tsp. maple flavoring
- 1 cup **WHEAT NUTS®**

Melt butter or margarine in a saucepan. Add the brown sugar and cook over low heat for 2 minutes, stirring constantly. Add the milk and continue to cook, stirring constantly, until mixture comes to a boil. Remove from heat and cool completely.

Gradually add powdered sugar and maple flavoring, mixing until candy is of fudge consistency. Stir in **WHEAT NUTS®**. Spread into buttered 8"x8" or 9"x9" pan. Chill. Cut into squares.

CATEGORY: SNACKS

WHEAT “NUTTIEST” SNACK MIX

****This recipe is NOT nut-free****

- 1 8-oz bag **WHEAT NUTS®**
- 1 10-12oz. can deluxe mixed nuts (no peanuts)
- 1 12-oz. can cocktail peanuts
- 2 cups sesame sticks
- 1 10-oz can cashews (optional)

Mix all ingredients together in a large bowl until well blended. Store tightly covered.

CATEGORY: SNACKS

CRUNCHY WHEAT NUTS® PARTY MIX

****This recipe is NOT nut-free****

- 1 8-oz bag **WHEAT NUTS®**
- 1 6-7oz. pkg. seasoned croutons (rounds or cubes)
- 3 cups miniature pretzel twists
- 1 12-oz. can cocktail peanuts
- 2 cups sesame sticks
- 1 6-oz. bag fish-shaped crackers
- or*
- 3 cups oyster crackers

Mix all ingredients together in a large bowl until well blended. Store tightly covered.

CATEGORY: SNACKS

WHEAT NUTS® TRAIL MIX

****This recipe is NOT nut-free****

- 1 8-oz bag **WHEAT NUTS®**
- 1 cup raisins or other chopped dried fruit
- 1 cup M&M's® or chocolate chips
- 1 cup cocktail peanuts
- 1 cup sesame sticks

Mix all ingredients together in a large bowl until well blended. Store tightly covered.

CATEGORY: SNACKS

CORNY WHEAT NUTS® SNACK MIX

****This recipe is NOT nut-free****

- 1 8-oz bag **WHEAT NUTS®**
- 8 cups popcorn
- 4 cups corn chips
- 4 cups Corn Chex® cereal
- 2 cups dry roasted peanuts

Mix all ingredients together in a large bowl until well blended. Store tightly covered.

CATEGORY: SNACKS

CHEESY CRUNCHIES FOR A CROWD

- 1 8-oz bag **WHEAT NUTS®**
- 2 tablespoons powdered cheese flavoring
- 2 cups miniature cheese snack crackers
- 1 pkg. tiny cheese flavored fish-shaped crackers
- 4 cups cheese curls, cheese puffs or cheese balls
- 8 cups cheese flavored popcorn

Place **WHEAT NUTS®** in a small bowl or quart-sized plastic zipper bag. Add the powdered cheese flavoring. Stir or shake until **WHEAT NUTS®** are well coated with flavoring.

Mix all ingredients together in a large bowl until well blended. Store tightly covered.