



TORTILLA RECIPES

EACH TITLE IS A LINK.PLEASE CLICK ON IT

- 1.[Brown Rice](#)
- 2.[Rye](#)
- 3.[Buckwheat](#)
- 4.[Kamut](#)
- 5.[Spelt](#)
- 6.[Oat](#)
- 7.[Millet](#)
- 8.[Quinoa](#)
- 9.[Amaranth](#)
- 10.[Barley](#)
- 11.[Wheat](#)
- 12.[Cassava](#) - Please leave out the lime juice if NOT MRT Phase 1 approved
- 13.[Tapioca](#): - You can substitute the garbanzo bean flour with an alternative read recipe in detail section





PASTA RECIPES

EACH TITLE IS A LINK. PLEASE CLICK ON IT

1. [Brown Rice](#)
2. [Rye](#)
3. [Buckwheat](#)
4. [Kamut](#)
5. [Spelt](#)
6. [Oat](#)
7. [Millet](#)
8. [Quinoa](#)
9. [Amaranth](#)
10. [Barley](#)
11. [Wheat](#)
12. [Cassava](#)

(You can substitute eggs in homemade pasta by using water or vegetable purees such as spinach, beet, or carrot puree.)





BREAD RECIPES

EACH TITLE IS A LINK.PLEASE CLICK ON IT

- 1.[Brown Rice](#)
- 2.[Rye](#)
- 3.[Buckwheat](#)
- 4.[Kamut](#)
- 5.[Spelt](#)
- 6.[Oat](#)
- 7.[Millet](#)
- 8.[Quinoa](#)
- 9.[Amaranth](#)
- 10.[Barley](#)
- 11.[Wheat](#)
- 12.[Cassava](#)
- 13.[Tapioca:](#)

(You can substitute the flour and the yogurt per the instructions.Please note where there is an oil needed to use the oil, seeds,sweeteners and or eggs that fits into your specific MRT profile)





CEREAL RECIPES

EACH TITLE IS A LINK.PLEASE CLICK ON IT

- 1.[Brown Rice](#)
- 2.[Rye](#)
- 3.[Buckwheat](#)
- 4.[Kamut](#) (Sweeteners and fruits are optional in this recipe)
- 5.[Spelt](#) (Sweeteners and fruits are optional in this recipe)
- 6.[Oat](#) (Sweeteners, fruits and or nuts are optional in this recipe)
- 7.[Millet](#)(Sweeteners, fruits, milk and or nuts are optional in this recipe)
- 8.[Quinoa](#)
- 9.[Amaranth](#)
- 10.[Barley](#)
- 11.[Wheat](#)

(Please note where there is an oil needed to use the oil, seeds, milk or sweetener that fits into your specific MRT profile)





CRACKER RECIPES

EACH TITLE IS A LINK.PLEASE CLICK ON IT

- 1.[Brown Rice](#)
- 2.[Rye](#)
- 3.[Buckwheat](#)
- 4.[Kamut](#)
- 5.[Spelt](#)
- 6.[Oat](#)
- 7.[Millet](#)
- 8.[Quinoa](#)
- 9.[Amaranth](#)
- 10.[Barley](#)
- 11.[Wheat](#) (Just use whole wheat flour here)
- 12.[Cassava](#)

(Please note where there is an oil needed to use the oil, seeds, milk or sweetener that fits into your specific MRT profile)

