

# **NutriMill**® Harvest®

**The World's Greatest Grain Mills.**

[Starter Guide](#)

[Owner's Manual](#)

[Recipes](#)



# Congratulations

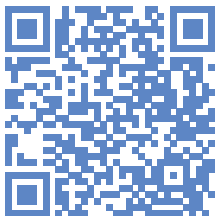
When you purchase one of **The World's Greatest Grain Mills®**, you expect the best money can buy, which is why here at NutriMill® we pride ourselves on creating quality, state-of-the-art grain mills that you can be proud to use in your home.

Your NutriMill® Harvest® mill is the perfect solution to provide you with fresh natural flours helping you create delicious, healthy meals. Effortlessly grind non-oily whole grains, beans, and legumes any time. These powerful “Super Food” flours help you get the benefits of whole-grain goodness in your daily diet.

The natural bamboo housing is high quality and ultra-strong, **Corundum Grain-Master® Millstones** are manufactured with superior craftsmanship to ensure many years of efficient milling.

For video guides and other resources scan the QR code below or visit:

[nutrimill.com/harvest-resources/](https://nutrimill.com/harvest-resources/)



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# Important Safeguards

Please read all of these instructions thoroughly.

- Keep small children away from mill at all times.
- Avoid contact with moving parts on the mill.
- Keep mill and power cord away from stove or other heat sources.
- The use of attachments not sold by or recommended by the manufacturer may cause fire, electrical shock or other injury.
- **TURN OFF** mill before unplugging from or plugging into an electrical outlet.
- Be sure to turn switch to off position after every use. Make sure motor stops completely before disassembling.
- Mill should be unplugged from electrical outlet before cleaning, before assembling or disassembling and when not in use.
- To prevent hazardous operation or electric shock, **DO NOT** put motor base or power cord in water or other liquids.
- **DO NOT** use outdoors.
- **DO NOT** unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug and pull.
- **DO NOT** put your fingers or other foreign objects into any of the mill's openings while it is in operation.
- **DO NOT** leave mill unattended while in use.
- **DO NOT** let cord hang over the edge of a table or counter or touch hot surfaces.
- **DO NOT** place on or near a hot gas or electric burner or in a heated oven.
- **DO NOT** clean mill by inserting pointed objects into milling chamber, or using running water.
- **DO NOT OPERATE:** with a damaged cord or plug, after any appliance malfunction, is dropped, or damaged in any manner. Return appliance to nearest authorized service facility for a thorough examination, and any needed repairs, or electrical or mechanical adjustments.

**HOUSEHOLD USE ONLY**

# Troubleshooting

<b>Motor will not start.</b>	If grain is stuck between the stones on a fine setting the motor will not be able to start. Turn the knob to the coarsest setting (counter-clockwise) before turning the grain mill on. Grain may need to be removed by removing hopper & upper stone then turning the mill upside down.
<b>Motor stalls during operation.</b> This may be caused by overheating or improper use. The Harvest mill has a built-in thermal cut-off switch that stops the motor to prevent serious damage.	Unplug and allow the mill to cool down. Remove hopper, empty any leftover grains or legumes, and remove upper millstone. Make sure stones and milling chamber are clean and dry. Try restarting the motor with upper stone and hopper off. If the motor starts, turn off the mill. Reassemble and begin milling.
<b>Unusual smell or noise.</b>	Milling heads rubbing during operation. Rotate the adjustment knob counter-clockwise.
<b>Hopper will not attach.</b>	Ensure tabs on the top grindstone are seated into place. Loosen adjustment knob to the coarsest setting.
<b>If problem persists, troubleshoot the source:</b>	Is grain too moist? Are millstones or mill chamber clogged? Is a foreign object caught between the millstones? Was the mill turned on when the hopper was filled and millstones were at their finest grind setting?

For More Help Visit: [nutrimill.com/harvest-resources/](https://nutrimill.com/harvest-resources/)

## Technical Information

<b>Millstone Material:</b>	Ceramic-Bound Corundum
<b>Millstone Diameter:</b>	3 inches
<b>Motor:</b>	4 Amps; 450 W
<b>Weight:</b>	16lbs
<b>Housing:</b>	Bamboo
<b>Measurements:</b>	7" W x 7" D x 13" H
<b>Hopper Capacity:</b>	3.5 cups
<b>Flour Texture:</b>	Adjustable - Cracked to Fine Flour

# Getting to Know Your Mill



Texture  
EasyAdjust®  
Control Knob

Corundum  
GrainMaster®  
Millstones



Simple One Button  
Hopper Remover

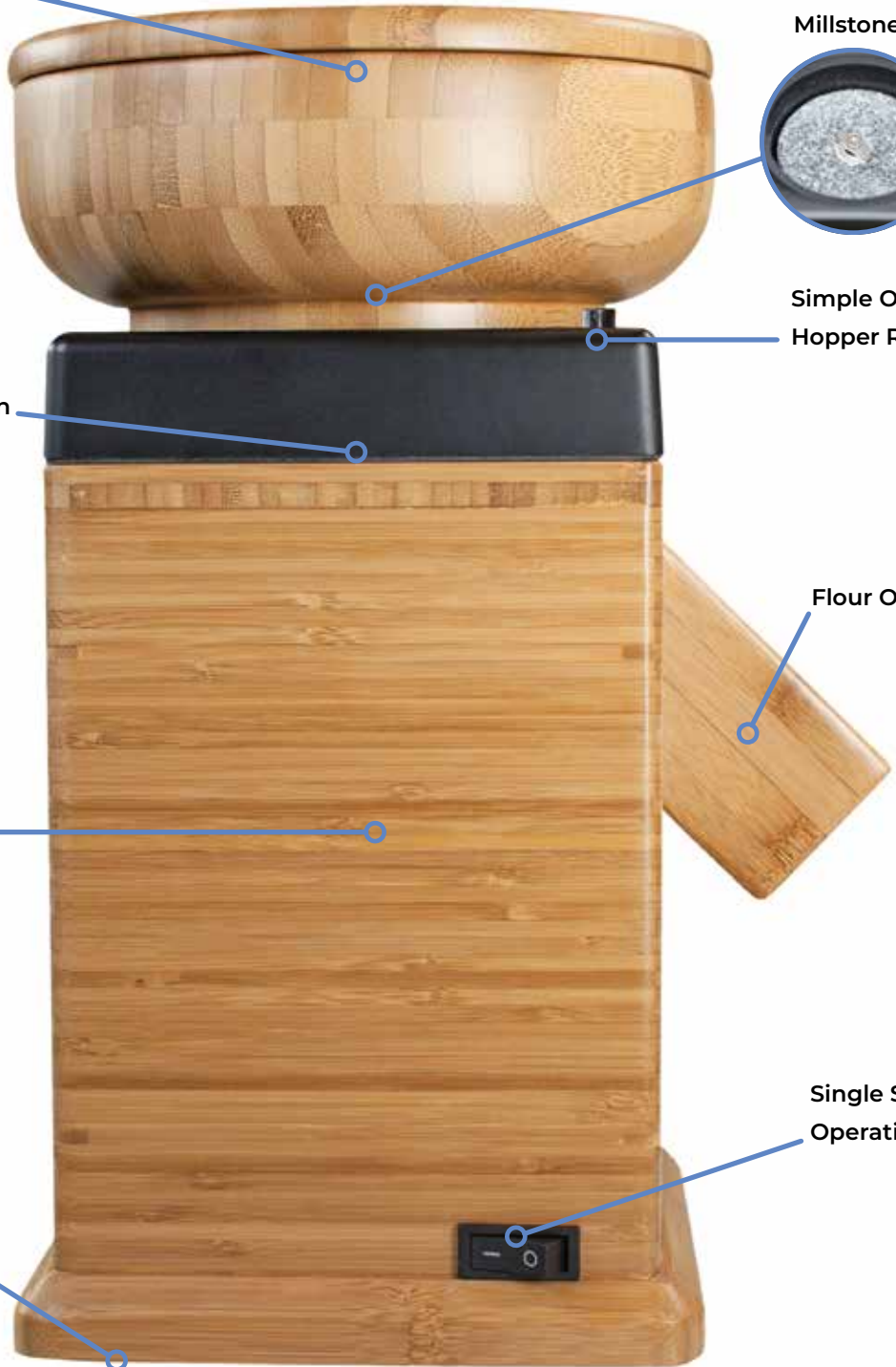
CushionFlex®  
Stone Suspension

450 Watt Heavy  
Duty Motor

Flour Outlet

No Slip  
Rubber Feet

Single Switch  
Operation



# First Use & Cleaning

## How to Clean

1. Grind 1/4 cup of white rice at a coarse setting.
2. Remove the hopper by pushing the Simple Lock button and turning the bowl **counter-clockwise**.
3. Use the included dry brush to clean the **Flour Outlet** and **Millstones**.

## How to Mill

1. Place mill on a hard, flat surface. Make sure ventilation slots on the back and bottom of the mill are unobstructed.
2. Plug in the power cord.
3. Place bowl or container under the flour outlet.
4. Turn on the mill.  
**Always turn mill on before adding grain.**
5. Turn the control knob **clockwise** until you hear the stones begin to rub. Then turn the knob **counter-clockwise** slightly so the rubbing noise stops.
6. Pour grain into hopper & mill.
7. You may adjust the control knob during milling. **See Next Page for further details.**
8. Ensure hopper is **empty** before turning off your mill.

**Mill 2 Cups of rice and discard the flour before first use** to eliminate any possible residue or packing material from the millstones and chute. You may also want to thoroughly clean your mill after frequent or extended use.

**NEVER USE WATER TO CLEAN STONES**



# Adjusting Flour Texture

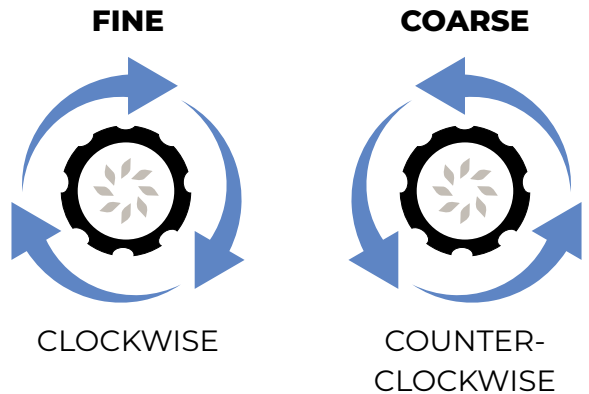
1. Turning the adjustment knob will control the flour texture. The markings on the adjustment knob will help you identify the flour texture.
2. Turn right (**clockwise**) for finer flour.
3. Turn left (**counterclockwise**) for coarser flour.
4. The adjustment knob can be turned in either direction at any time while milling.

When adjusting to the finest texture you may hear the sound of the millstones coming in contact with each other. Making a slight adjustment to a coarser setting will eliminate that noise.

While you can regrind flour to get a finer texture, we *recommend grinding grains on the preferred setting on the first grind.*

**NOTE:** When milling **large legumes**, it is effective to do a **very coarse grind** or *roughly chop in a blender* and then run them through the mill a second time to create fine flour.

If the motor will not start the grain may be stuck between the stones on a fine setting. Turn the knob to the coarsest setting (counter-clockwise) before turning the grain mill on. Grain may need to be removed by removing hopper & upper stone then turning the mill upside down.





# Purchase Quality Grains



The Harvest<sup>®</sup> grain mill is suited for milling **all types of non-oily grains, beans, and legumes**. Avoid milling seeds, grains, beans and legumes that have a high oil or moisture content.

If there is a question about grain being dry enough to mill, check using a “knife test”. Take a single piece of grain. With the flat side of a knife, press grain against a hard surface (**like a counter top**). A grain that bursts with a distinct cracking sound is dry enough to mill. A grain that is too wet will be soft and not crack or burst.

Know the source of your grain. Purchase and mill only carefully cleaned grain from a reliable source. Unclean grain may contain small stones, which can damage millstones.

Do not mill damp or wet grain. Damp grain may stick to millstones, block the flour outlet and affect your mill’s performance.

**Note:** Store grain in a dry, cool, well-ventilated location. Grain tends to absorb moisture from the air.

## DO NOT MILL

- Chia Seeds
- Sesame Seeds
- Flax Seeds
- Sunflower Seeds
- Popcorn
- Tapioca
- Coffee Beans
- Hemp Nuts
- Nuts
- Sugar
- Dates/Raisins
- Poppy Seeds
- Herbs & Spices
- Chilies
- Goji Berries
- Sprouted Grains/Beans  
(If Not Thoroughly Dried)

# Choosing Your Grain

One of the major reasons to start milling your own flour is to obtain optimal nutrition from grains and to cater to your dietary needs. If you're on a gluten-free diet it may be best for you to mill your own flour. Just as important is knowing which nutrients each type of grain provides. The health benefits of whole grains are numerous and well documented. Whole grains contain high levels of B-complex vitamins, minerals, and dietary fiber. They are also rich sources of healthy carbohydrates and protein.

**You can mill any of the following:**

## Whole Grains

- Kamut
- Spelt
- Barley
- Farro
- Rye
- Soft Wheat
- Hard Wheat
- Triticale
- Emmer
- Einkorn

## Gluten Free Grains

- Dried Sweet Corn
- Oat Groats
- White Rice
- Brown Rice
- Teff
- Sorghum
- Millet
- Buckwheat
- Quinoa
- Amaranth

## Gluten Free Legumes

- Lentils
- Chickpeas
- Garbanzo Beans
- Baby Lima Beans
- Mung Beans
- Black Beans
- Navy Beans
- Split Peas
- Pinto Beans
- Soybeans



# Whole Grain Milling Tips



- Converting recipes from refined white flour to whole grain flour is often a matter of trial and error. Many factors, such as the type of recipe, your climate, and your choice of texture when grinding, all play a part in the final results. Keep notes on how much flour you use and whether more or less is needed next time. It may take a few attempts before you find just the right amount to suit your taste.
- Choose flour texture (fine or medium) carefully. It affects the amount of flour needed and the final texture. **Choose a medium texture for bread flour.**
- After milling grains & legumes, refrigerate or freeze any leftover flour to preserve as many nutrients as possible. Flour may be stored up to **2 weeks** in the refrigerator or up to **3-6 months** in the freezer.
- Grains may be mixed and milled together at the same time. Choose grains of similar size for best results. Try a variety of flour mixtures to add variety, flavor, and texture to your recipes.
- Soft wheat does not work as well for yeast breads, but it is excellent for cakes, cookies, muffins, etc. **Soft wheat is closer to all-purpose flour** and need not be adjusted as much as hard wheat flour when converting recipes.
- Offset strong-tasting flours (**quinoa, millet, rice, beans**) by mixing them with mild flours (**hard or soft wheat, oat, kamut, spelt**).

# Baking With Whole Grains

- Hard wheat flour is higher in protein than soft wheat flour. Hard wheat can be used for every type of recipe but is essential for yeast breads.
- For each cup of white flour in a recipe, replace with  $\frac{3}{4}$  to  $\frac{7}{8}$  cup of hard whole wheat flour or  $\frac{7}{8}$  to **1** cup of soft wheat flour. Whole grain flours absorb more liquid than all-purpose flour, so instead of using less flour, you may increase the liquid called for in the recipe.
- In baking powder leavened recipes, increase the baking powder by **1 tsp** for every **3 cups** whole wheat flour. Recipes containing baking soda need not be adjusted.
- Don't over mix batters for cakes, muffins, or cookies. It causes gluten development and can make baked goods tough.
- To lighten any batter containing eggs, such as pancakes, waffles, or cakes, you may choose to separate the eggs and beat the whites until stiff. Add egg yolks to the liquid ingredients and fold beaten egg whites into the batter just before baking.
- An extra egg may be added to quick breads, such as cornbread or banana bread, to help it rise a little higher.
- Bean flours provide extra protein and may be added in small quantities to any baked goods. You can replace up to **10%-25%** of the wheat flour in your recipes with almost any bean, pea, or lentil flour.





- When ground into flour, dry beans, peas, and lentils can be used for dips, soups, and thickening agents in casseroles and stews in place of wheat flour, making them gluten-free.
- **Add whole grains to your diet gradually**, to help your family's taste buds and digestive systems adjust. Start by replacing **25%** (or less) of the white flour in your favorite recipes with whole grain flour. Gradually increase to **50%** whole grain flour, and so on. Most recipes work well without adjustments until you begin substituting more than **50%** whole grain flour.
- Yeast breads require wheat, kamut, spelt, or rye flours, because they contain sufficient protein (gluten) to create structure. Do not substitute more than **25%** to **30%** of these flours with a gluten-free flour. Gluten-free breads usually require a mixture of grains and starches (tapioca, potato, etc.) to mimic the structure of regular baked goods.
- Whole grain flours absorb liquid more slowly than white flour. If your pancake batter appears runny, wait **5 minutes**. The batter will thicken as it sits. Adding too much flour too soon will make the batter dry.
- Increase the amount of herbs and spices in your recipe by up to **50%**. White flour is neutral and has no flavor, but whole grain and bean flours can mask the taste of other ingredients.



# Wheat

Whole wheat comes from the entire ground wheat. Blends of this kind are milled from the whole grain, which includes the bran, germ, and endosperm. In comparison to refined white flour, whole wheat features a higher level of nutrients and antioxidants.



# Whole Wheat Bread

## Ingredients

### Small Batch (3 Loaves)

3 Cups Warm Water  
1/3 Cup Vegetable Oil  
1/3 Cup Honey  
1 Tbsp Salt  
7-9 Cups Whole Wheat Flour

### Milled Medium

1 1/2 Tbsp Instant Yeast  
1 Tbsp Vital Wheat Gluten\*  
1 Tbsp Dough Enhancer\*

### Large Batch (6 Loaves)

6 Cups Warm Water  
2/3 Cup Vegetable Oil  
2/3 Cup Honey  
2 Tbsp Salt  
14-18 Cups Whole Wheat Flour

### Milled Medium

2 Tbsp Vital Wheat Gluten\*  
3 Tbsp Instant Yeast  
2 Tbsp Dough Enhancer\*

1. With a Bosch® or NutriMill® mixer fitted with the dough hook, add water, oil, honey, salt, about **half** of the flour, and the yeast into the mixing bowl. Use the pulse switch to incorporate.
2. Optional step: for enhanced flavor and texture, allow the batter to sit for **15-30 minutes**, until it becomes bubbly.
3. Slowly increase to medium speed and continue adding remaining flour, a little at a time, until the dough pulls away from the sides of the bowl. You may need all of the flour.
4. Continue kneading on medium for **6-8 minutes** until the dough is smooth and elastic.
5. Lightly oil your hands and the counter. Divide dough into equal portions and shape into loaves. Place in greased loaf pans and let rise until doubled in size.
6. **Bake at 350°F for 30-40 minutes** or until internal temperature reaches 190°F.

*\*Optional ingredient*



## Ingredients

1 ½ -2 lbs of Bread Dough (pg 13)  
⅓ Cup Brown Sugar  
1 Tbsp Cinnamon  
Raisins

**Tip:** Soak raisins in warm apple juice for **20 minutes** to soften.

### Optional Icing:

2 Cups Powdered Sugar  
1-2 Tbsp Milk or Water  
1 tsp Vanilla Extract

## Cinnamon Raisin Bread

1. Roll dough into a rectangle the width of your bread pan. Spread with melted or softened butter, if desired. Sprinkle brown sugar and cinnamon down the center of the dough, leaving a small border on each side. Top with raisins.
2. Beginning at one short end, roll the dough into a loaf. Pinch the seam to seal and place in a greased loaf pan. Let rise until doubled.
3. **Bake at 350°F for 30-40 minutes**, or until done. Drizzle with a powdered sugar glaze.



# Pizza Dough

## Ingredients

1 ½ Cups Warm Water  
2 Tbsp Olive Oil  
2 Tbsp Sugar  
2 tsp Sea Salt  
3-4 Cups Whole Wheat Flour  
**Milled Medium-Fine**  
1 Tbsp Saf Instant Yeast

1. Preheat baking stone to **500°F**.
2. Place all ingredients **except 1 cup** of flour in a Bosch® or NutriMill® mixer fitted with the dough hook.
3. Knead on low, gradually adding remaining flour until dough pulls away from the side of the bowl. Knead for an additional **6-8 minutes**.
4. Cover and let rise for **1 hour**. Roll out dough onto parchment paper to desired thickness. Use scissors to trim off the exposed edges of paper. Top crust with desired toppings.
5. Use a pizza peel to carefully slide pizza onto a preheated pizza stone. Bake until cheese is melted and crust is golden brown.





## Ingredients

2 Cups Whole Wheat Flour

**Milled Medium**

1 Tbsp Pumpkin Pie Spice

½ tsp Salt

1 Tbsp Baking Powder

2 Eggs

1 Cup Sugar

½ Cup Oil

115 Oz. Can Pumpkin

½ Cup Chopped Walnuts or Pecans\*

*\*Optional ingredient*

# Pumpkin Bread

1. In a Bosch® or NutriMill® mixer fitted with the cake paddles, stir together dry ingredients. In a separate bowl, beat eggs, oil, sugar, and pumpkin.
2. Fold the egg mixture into the dry ingredients until combined. Do not over mix. Fold in nuts, if desired.
3. Pour batter into a greased **9"×5"** loaf pan.
4. Bake at **350°F** oven for **55-65 minutes**, or until a toothpick inserted in the center of the loaf comes out clean.

# Cranberry Coconut Muffins

## Ingredients

1 ¼ Cups Whole Wheat Flour

**Milled Medium**

½ Cup Regular Rolled Oats

1 Tbsp Flax Meal

1-2 tsp Dried Lemon Peel

*(Or 1 Tbsp Fresh Lemon Zest)*

½ Cup Sugar

1 ½ tsp Baking Powder

½ tsp Baking Soda

1 Cup Vanilla Yogurt

¼ Cup Milk

1 Egg

1 Tbsp Vegetable Oil

1 tsp Vanilla

1 Cup Dried Cranberries

½ Cup Shredded Coconut

1. Preheat oven to **400°F**.
2. In a Bosch® or NutriMill® mixer fitted with the cake paddles, combine the dry ingredients.
3. Add yogurt, milk, egg, oil, and vanilla. Mix just until moistened.
4. Mix in cranberries and coconut. Scoop into greased muffin tins.
5. Bake for **20 minutes** or until muffins spring back when lightly touched.





**Rye** *Baking with rye flour accentuates other ingredients in a recipe and brings out their flavors. It has a higher content of dietary fiber and lower fat content than wheat while containing no gluten. Rye flour is an excellent source of calcium, iron, magnesium, manganese, potassium, and zinc.*



# Black Rye Bread

## Ingredients

1 ¼ Cups Warm Water  
2 Tbsp Vinegar  
¼ Cup Molasses  
2 Tbsp Cocoa Powder  
¼ Cup Butter, Melted (½ Stick)  
2 tsp Salt  
1 tsp Instant Coffee Granules  
1 Tbsp Dried Onion Flakes  
2 Tbsp Caraway Seeds, Crushed  
¼ tsp Fennel Seeds, Crushed  
1 Tbsp Saf Instant Yeast  
2 Cups Rye Flour  
2-3 Cups Whole Wheat Flour

### **Milled Medium**

Cornmeal, For Sprinkling Pan

### **Glaze:**

½ Cup Cold Water  
1 tsp Cornstarch

1. In a Bosch® or NutriMill® mixer fitted with the dough hook mix all ingredients except wheat flour.
2. Gradually add wheat flour, mixing on medium, until the dough pulls away from the sides of the bowl. Knead for **6-8 minutes**.
3. Remove dough and place on an oiled surface. Shape into loaf and place on a greased baking sheet sprinkled with cornmeal. With a knife, cut slits in the loaf and cover it loosely with plastic wrap.
4. Let rise until doubled. **Bake at 350°F for 40-50 minutes** until internal temperature reaches 180-185°F.
5. While bread is baking, combine water and corn starch in a small saucepan and cook until thickened.
6. Remove baked bread from the oven, quickly brush with cornstarch glaze, and return it to the oven for **2-3 minutes**. This will set the glaze and create a chewier crust. Remove from oven to a cooling rack.



# Spelt

*Spelt flour, which is a kind of wheat flour, adds sweetness and produces a light texture with a nutty flavor. It's easily combined with other flours and makes an excellent addition to both savory and sweet recipes. It's also loaded with nutrients and is rich in protein.*



## Ingredients

3 Large Eggs, Beaten  
3-6 Tbsp Water  
2 tsp Olive Oil  
3 Cups Spelt

### **Milled Medium**

1 tsp Salt

*\*Replace spelt with other grains for varying flavors. Add 1 1/2 Tbsp of xanthan gum for gluten-free grains.*

## Whole Grain Pasta

1. Place flour in a pile and make a well in the center, or in a Bosch® or NutriMill® mixer fitted with the dough hook. Pour eggs, oil, and 3 Tbsp water into the well. Mix with a fork, adding additional water if needed until a soft dough is formed.
2. Remove dough and knead for **8-10 minutes** on a lightly floured surface. Cover and let rest for 30 minutes. Shape dough with the NutriMill® pasta attachment.
3. Cook pasta in boiling water until al dente. Serve immediately.

# Spelt Toffee Chip Cookies

## Ingredients

1 Cup Butter (2 Sticks)  
1 Cup Sugar  
1 Cup Brown Sugar  
2 Eggs  
1 Tbsp Vanilla  
1 tsp Salt  
1 tsp Baking Powder  
3 Cups Fresh Spelt Flour

### **Milled Medium**

2 Cups Toffee or Chocolate Chips  
\*1 Cup Chopped Nuts

*\*Optional ingredient*

1. In a Bosch® or NutriMill® mixer fitted with the cookie paddles, cream together butter and sugar until fluffy.
2. Add eggs 1 at a time, then add vanilla, mixing well after each addition. In a separate bowl, stir dry ingredients together. Add to butter mixture and pulse mixer to combine. Add chocolate chips or toffee bits and nuts, if desired. Mix until just combined.
3. Scoop dough into balls. Place onto parchment-lined cookie sheet about 2"-3" apart. Gently press each cookie to flatten.
4. **Bake at 325°F for about 10 minutes**, or until golden brown.





**Kamut** *Kamut is characterized by its high protein content and mild, buttery flavor. It isn't genetically modified and is a non-GMO product. Furthermore, it doesn't use pesticides or fungicides to grow.*





# Pita Bread

## Ingredients

1 Cup Warm Water  
2 Tbsp Olive Oil  
1 Tbsp Sugar Or Honey  
3 Cups Spelt Flour  
**Milled Medium**  
1 tsp Salt  
2 tsp Saf Instant Yeast

1. Preheat oven to **500°F**.
2. In a Bosch® or NutriMill® mixer fitted with the dough hook. Add water, oil, salt, sweetener, yeast, and about half the flour. Mix until combined.
3. Continue mixing, adding additional flour a little at a time, until the dough pulls away from the sides and bottom of the bowl.
4. Knead for **5-7 minutes**, until smooth and elastic. Cover and let the dough rest in the mixing bowl for at least **45 minutes**.
5. Remove dough and divide into 8 pieces. On a lightly oiled surface, roll each piece of dough into a circle, about 6" diameter, and ¼" thick. Place pitas on greased baking sheets and bake for **4-6 minutes**, or until puffed and golden brown.



# Amaranth

*Amaranth is a grain that is technically a seed. It is small, about the size of millet, but has a very nutty and rich flavor. It's a great option when you need to add some texture, crunch, and protein to baked goods. Amaranth is not only delicious, but it also offers many health benefits.*



# Blueberry Coffee Cake

## Ingredients

### Batter:

½ Cup Popped Amaranth  
2 ¼ Cups Kamut Flour  
Milled Medium  
1 Cup Sugar  
1 ½ Tbsp Baking Powder  
¾ tsp Cinnamon  
⅓ tsp Salt  
1 Cup Skim Milk  
⅓ Cup Canola Oil  
2 Eggs, Well Beaten  
¾ tsp Vanilla

### Toppings:

3 Cups Blueberries  
¼ Cup Sugar  
¾ tsp Cinnamon  
¼ Cup Chopped Pecans

1. Preheat oven to **350°F**.
2. To pop amaranth: Heat a dry skillet (no oil) over medium-high heat. Add 1 Tbsp raw amaranth. Stir until it pops like tiny kernels of popcorn. Remove from heat immediately. (Pop no more than 2 Tbsp amaranth at a time to avoid burning).
3. Combine amaranth, kamut, sugar, baking powder, cinnamon, and salt in a medium bowl.
4. In a Bosch® or NutriMill® mixer fitted with the cake paddles, combine milk, oil, eggs, and vanilla.
5. Add all at once the flour mixture to the liquid. Mix on low until dry ingredients are moistened and liquid is evenly distributed. Pour batter into pan.
6. Sprinkle blueberries over top of batter. Combine sugar and cinnamon. Spoon over blueberries. Sprinkle with nuts.
7. Bake for **40 minutes** or until a toothpick inserted in the center comes out clean.

# Gluten-Free

Grinding your own grain allows you to experience the flour before it's been bleached and processed to fit more traditional standards of appearance and taste. The process also allows for you to save money in comparison to buying pre-ground flour from the store, while also providing better flavor and nutrition for your baking needs.

There is one challenge most with celiac disease will face when it comes to baking: buying ready-made flour at the store. If you're on a gluten-free diet, you probably already know that packaged products aren't always safe and most flour used in commercial kitchens are not safe for consumption either. Gluten can hide in many products, so it's safest to mill your own gluten-free flour so you can have complete control over what you're consuming; otherwise you'll always be in doubt.

It isn't as hard as you think and the benefits of milled flour may surprise you. Milling your own grain provides a number of benefits over buying pre-ground flour at the store.

The remainder of the recipes in this book are gluten-free.

**Note:** Once a Gluten Grain is ground your mill, flours ground afterwards are not considered to be 100% gluten-free.





**BUCKWHEAT**



**SOYBEANS**



**SORGHUM**



# Corn

*Cornmeal has a coarse texture, which creates little pockets in baked goods which allow moisture to escape and steam to rise so that your baked good becomes light and fluffy. Cornmeal also has a high content of fiber, is low in sodium, and is naturally fat-free.*





# Corn Chowder

## Ingredients

1 Tbsp Butter

½ Onion, Chopped

½ tsp Dried Rosemary

2 Medium Potatoes

### ***Peeled And Diced***

3 ½ Cups Chicken Broth

1 Cup Water

⅓ Cup Corn Flour (*From 3-4*

*Tbsp Dent Or Dried Sweet Corn*)

### ***Milled Medium***

3 Tbsp Yellow Split Pea Flour

(*From 2 Tbsp Split Peas*)

### ***Milled Fine***

1 Cup Corn

½ - 1 Cup Milk

\*Grated Cheese For Garnish

1. Grind the grains in mill.
2. In a large saucepan, sauté onions in butter with rosemary until softened.
3. Add potatoes and chicken broth. Bring to a low boil and cook until potatoes are almost tender, about 5 minutes.
4. Meanwhile, whisk flours in a small bowl with cold water, until smooth. Pour into boiling broth, stirring constantly for one minute.
5. Reduce heat and cook 3-5 minutes, stirring occasionally. Add 1 cup corn and enough milk to reach desired consistency.
6. Season with salt and pepper to taste. Serve with grated cheese, if desired.

*\*Optional ingredient*



# Brown Rice

*Brown rice flour is packed with nutrients and is easily digestible. Brown rice flour consists of 75% amylose and 25% amylopectin. The high amylose content makes it a perfect choice as a substitute for wheat flour.*







# Pancakes

## Ingredients

2 Eggs  
2 Cups Milk  
¼ Cup Vegetable Oil  
½ tsp Salt  
¼ Cup Sugar  
1 Tbsp Baking Powder  
2 Cups Brown Rice Flour

**Milled Fine**

1. Mix all dry ingredients in a small bowl and set aside.
2. In a Bosch® or NutriMill® mixer fitted with the wire whips, whisk the eggs, milk, and oil.
3. Add the dry ingredients. Let the mixture rest for about 5 minutes, so the batter can thicken as the flour absorbs the liquid.
4. Pour batter onto a pre-heated griddle to **325°F** or skillet and cook for about one minute, or until bubbles form on the surface. Flip and continue cooking 30-60 seconds, or until done. Makes about 8 pancakes.



# Sorghum

*Sorghum flour is a great alternative flour that you can use in a variety of sweet and savory recipes. It is light and airy, has a mild flavor, and for all of these reasons, it's perfect for replacing white refined flour in many recipes.*



## Ingredients

4 Cups Apples  
Peeled, Cored, And Sliced  
1 Tbsp Lemon Juice  
¼ Cup Granulated Sugar  
2 tsp Ground Cinnamon  
½ tsp Ground Cloves

### **Streusel Topping:**

½ Cup Butter, Cut Into Cubes  
¾ Cup Brown Sugar  
¾ Cup Sorghum Flour

### **Milled Medium**

## Apple Crisp

Gluten  
Free

1. In a small bowl, combine granulated sugar, cinnamon, and cloves. In a medium bowl, toss apples with lemon juice. Add spice mixture and toss again. Spoon apple mixture into a greased 8"×8" baking pan.
2. Add butter, brown sugar, and flour to the bowl. Use a pastry blender, two knives, or your fingers to combine ingredients until they resemble coarse crumbs. Sprinkle the topping evenly over apples.
3. **Bake at 350°F** for approximately **1 hour** or until golden brown and bubbly.



# Sorghum Cookies

## Ingredients

¾ Cup Butter, Softened  
1 Cup Brown Sugar  
2 Large Eggs  
¼ Cup Molasses  
1 ¾ Cups Fresh Sorghum Flour  
**Milled Medium**  
1 tsp Baking Soda  
2 tsp Ground Cinnamon  
1 ½ tsp Ground Ginger  
Granulated Sugar For Garnish

1. In a small bowl, stir together the flour, soda, cinnamon, and ginger. In a Bosch® or NutriMill® mixer fitted with the cookie paddles and bowl scraper, cream butter and brown sugar until fluffy.
2. Add eggs one at a time, mixing well between each addition. Add molasses and mix again.
3. Add dry ingredients and mix until combined. The dough should pull away from the bowl. Add additional flour if needed.
4. Using a cookie scoop, drop dough onto a parchment-lined baking sheet. Dip a fork into sugar and press into each cookie to flatten.
5. **Bake at 375°F for 6-8 minutes**, depending on size. Place on rack to cool.





# Navy Bean

*Navy bean flour is great for making foods such as bread, pasta, pizza, and desserts. The property that makes it unique to other flours is that it is high in starch content and low in protein which gives your baked goods a creamy flavor.*





# Cream of Chicken Soup

## Ingredients

2 Cups Chicken Broth  
2 Tbsp Milk (Optional)  
5 Tbsp White Bean Flour  
**Milled Fine**  
½ Cup Cooked Chicken  
Salt And Pepper To Taste

1. Bring 1 cup chicken broth to boil in a medium saucepan.
2. Meanwhile, stir bean flour into the remaining 1 cup cold chicken broth until dissolved. Add mixture to boiling broth; cook and stir for **1 minute**.
3. Reduce heat to medium-low and cook for **2-3 minutes**, stirring occasionally. Stir in chicken and milk; heat through.
4. Add salt and pepper to taste, keeping in mind your final recipe (*a casserole, for example, may require additional salt*).
5. The soup thickens as it cools. Store refrigerated for up to one week.

### Cream of Mushroom Soup:

Substitute water or vegetable broth for chicken broth, if desired. Replace chicken with ½ cup sautéed mushrooms.

### Cream of Broccoli Soup

Substitute water or vegetable broth for chicken broth, if desired. Replace chicken with ½ cup chopped and steamed broccoli.

### Cream of Celery Soup

Substitute water or vegetable broth for chicken broth, if desired. Replace chicken with ½ cup diced and sautéed celery.

*Replaces a 10 oz. can of condensed soup in your recipes for soups and casseroles.*



# Black Bean

*Black bean flour can be used in both savory and sweet recipes to provide outstanding texture, taste, and nutrition. Its low glycemic index makes it an excellent choice for those with diabetes and insulin sensitivity.*





# Black Bean Dip

## Ingredients

$\frac{3}{4}$  Cup Black Bean Flour (*About*  
 *$\frac{1}{2}$  Cup Dried Black Beans*)

### **Milled Fine**

2 Cups Water

4 Tbsp Butter

$\frac{1}{2}$  tsp Salt

$\frac{1}{8}$  tsp Black Pepper

$\frac{1}{2}$  tsp Chili Powder

$\frac{3}{4}$  tsp Ground Cumin

Juice Of 1 Lime

$\frac{1}{2}$  Cup Salsa

3 Chopped Green Onions

### **\*Garnish:**

Fresh Chopped Cilantro

Queso Fresco

Jalapeños

Diced Tomatoes

1. Boil water in a medium saucepan; whisk in the bean flour and dry seasonings. Stir constantly for the first minute.
2. Lower heat and simmer for **5-7 minutes**, stirring frequently.
3. Remove from heat and stir in butter until the mixture is smooth and creamy.
4. Add lime juice, salsa, and green onions. Taste and adjust seasonings, if needed.
5. Transfer dip into a serving bowl. Cover, and refrigerate for at least one hour to allow flavors to meld. Garnish if desired.

*\*Optional ingredient*



# Chickpea

*Chickpea flour can be used to replace the flour in most recipes for baking and cooking. The flour has a distinct flavor with a nice nutty taste. It has a creamy texture when cooked, unlike most gluten-free flours. The flour is also nutritional, containing protein, iron, and more.*







# Hummus

## Ingredients

$\frac{3}{4}$  Cup Chickpea Flour (*About  $\frac{1}{3}$  Cup Dried Garbanzo Beans*)

### **Milled Fine**

3 Garlic Cloves, Unpeeled

2 Cups Water

$\frac{1}{4}$  Cup Tahini

$\frac{1}{4}$  Cup Lemon Juice

$\frac{1}{3}$  Cup Olive Oil

Salt And Pepper To Taste

### **\*Garnish:**

Ground Paprika

Red Pepper Flakes

Sun-Dried Tomatoes

Additional Olive Oil

1. Heat a dry skillet over medium heat. Cook unpeeled garlic for **5-7 minutes**, until softened and browned on all sides. Remove from heat and let cool before peeling off the skins.
2. Mix flour and water and bring to a boil in a medium saucepan. Add a pinch of salt and pepper.
3. Lower the heat and simmer **5-7 minutes**, stirring frequently. Remove from heat and let cool.
4. In a food processor, puree the cooked flour mixture, peeled garlic cloves, tahini, and lemon juice until smooth.
5. Drizzle in enough olive oil to reach desired consistency. Transfer the mixture to a serving dish. Cover and allow the flavors to meld for at least **1 hour**.
6. Taste again and adjust with seasonings or liquid, if needed. Garnish with additional olive oil and a sprinkling of paprika, if desired. Serve with fresh vegetables, pita bread, or crackers.

**TIP:** When milling **large legumes**, it is effective to do a **very coarse grind** or *roughly chop in a blender* and then run them through the mill a second time to create fine flour.

*\*Optional ingredient*

# The World's Greatest Service

L'Chef, LLC warrants the NutriMill Harvest® mill to be free of manufacturing defects in materials and workmanship for **5 years**. Defective products will be repaired or replaced with a comparable model at our sole discretion upon receiving the defective product. L'Chef will not refund the purchase price or provide any other remedy. This warranty applies to the original noncommercial purchaser.

Warranty does not cover damage resulting from accident, misuse, shipping, normal wear, commercial use, neglect, incidental or consequential damages, or damage caused by any foreign objects getting into the mill. You must keep a dated sales receipt for warranty service.

File a claim Online at: [nutrimill.com/warranty](https://nutrimill.com/warranty)

Or contact us at: [service@lchef.com](mailto:service@lchef.com)



# Frequently Asked Questions

## **Q: Why is my grain coming out so coarse?**

**A:** Turn the knob clockwise until desired texture is reached. See more on **page 6**.

## **Q: How to Grind Large Legumes?**

**A:** First grind on coarsest setting or roughly chop in a blender and then mill again to achieve desired texture. See more on **page 6**.

## **Q: How do I remove the lower stone?**

**A:** The screw holding it is reverse threaded and must be turned clockwise to loosen. However; we do not recommend removing the lower stone. Please send to a service center or contact us if a repair is needed.

## **Q: Why will my grain mill not turn on?**

**A:** If grain is stuck between the stones on a fine setting the motor will not be able to start. Turn the knob to the coarsest setting (counter-clockwise) before turning the grain mill on. Grain may need to be removed by removing hopper and turning mill upside down. More troubleshooting **page 3**.

Contact us or your local retailer if you have any further needs or questions.

# Let's be Friends!

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