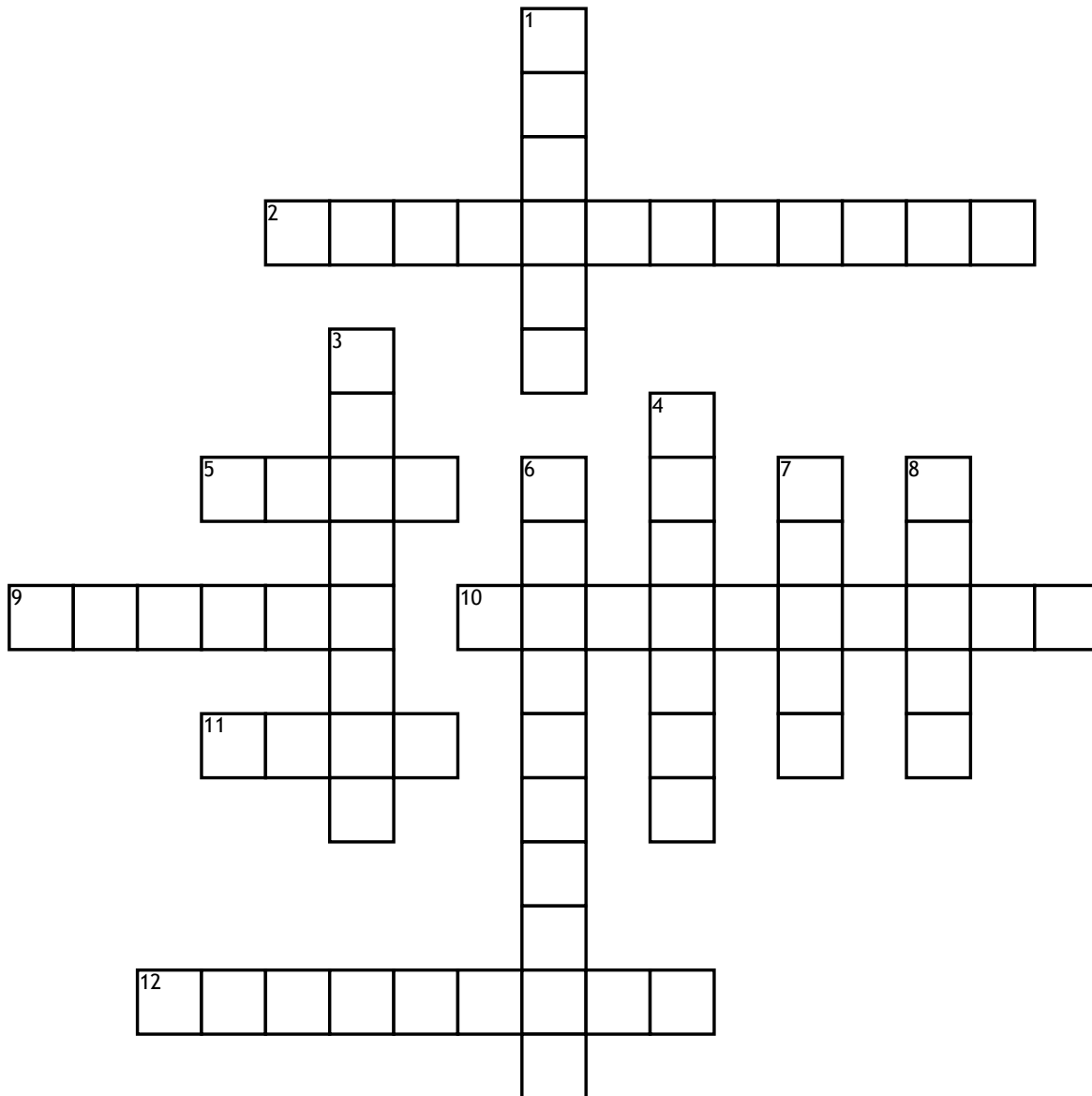


Alternative Grains



Across

2. Spelt is also known as

5. Eaten whole or grounded up

9. Grown for its edible seeds

10. Quinoa is related to

11. Grown for its seed

12. Triangular seeds

Down

1. Used in soup or stew

3. Grounded into flour

4. Buckwheat is related to

6. Buckwheat health benefits

7. Amaranth is related to

8. Species of wheat