

*Biscuits*

Combine:

- **2c flour**
- **4t baking powder**
- **1/2t salt**
- **1/2t cream of tarter**
- **2T sugar (4T for shortcake)**

Cut in:

- **1/2c margarine, butter or Crisco**

Combine and stir into a ball:

- **2/3c milk or buttermilk**
- **1/2t vanilla (2t for shortcake)**
- **(minced onion, grated cheese, basil)**

Cut out and bake on insulated pan at 450° for 12-15 minutes. (To make ahead and freeze add one egg with milk. Cut out as usual then freeze. Bake at 425° 20 minutes. \*Grama

*Biscuits ~ Beaten*

Combine in a food processor, pulse 4 times:

- **2 1/2c flour**
- **1 t sugar**
- **1/2 t salt**
- **1/2 t baking powder**

Add, pulse until well blended:

- **1/4 c vegetable shortening**

Add, blend 90 seconds, dough should be shiny

- **1/2 c cold milk**
- **1/3 c ice water**

Place dough on a floured surface covered for 5 minutes. Roll dough to your desired thickness and cut (thin like crackers or thick like biscuits). Place on greased pan and brush with glaze. Bake at 400 degrees for 15-20 minutes or until heated through. (optional add more of the glaze to the top after they get out of the oven)

Dijon Garlic Glaze: Blend in a small bowl; brush over warm biscuits

- **1/2c margarine melted**
- **1/4c Dijon mustard**
- **1 t dried oregano**
- **1 clove garlic, crushed**

*Biscuits ~ Spelt*

Combine:

- **4c flour**
- **2T baking powder**
- **1/2t salt**
- **1/2t baking soda**

Pour in and stir:

- **1/2c oil**

Stir in and knead briefly:

- **1 1/2c buttermilk**

*Biscuit Rolls ~ Orange*

Glaze: combine and heat then pour some in each muffin tin (12) and set aside:

- **1/2c orange juice**
- **1/2c sugar**
- **1/4c butter**
- **2t grated orange peel**

Combine for dough:

- **2c flour**
- **1T baking powder**
- **1/2t salt**

Cut in:

- **1/4c shortening**

Stir in:

- **3/4c milk**

Knead 1 minutes. Roll into 9" square 1/2" thick. Brush with:

- **Melted butter**

Combine and sprinkle over buttered dough:

- **1/2t cinnamon**
- **1/2c sugar**

Roll up and cut into 12 slices 3/4" thick. Place in muffin tin. Bake at 450° 12-16 minutes. Cool 3 minutes and remove from pan.

*Biscuits Rolls ~Cinnamon*

Combine:

- **2c flour**
- **1T baking powder**
- **1t salt**
- **1/4t baking soda**

Stir in:

- **1/4c vegetable oil;**

Add:

- **3/4c buttermilk**

Stir just till blended. Knead briefly. Roll out, spread:

- **Butter**
- **Sugar and cinnamon**

(cardamom or cheddar, parmesan and garlic salt)

Roll out and slice into 1 1/2" pieces. Grease pan. Bake 15-20 minutes.

*Blueberry Lemon Biscuits*

Combine:

- **2c flour**
- **1/3c sugar**
- **2t baking powder**
- **1/2t baking soda**
- **1/4t salt**

Combine in another bowl

- **8 oz lemon yogurt**
- **1 egg**
- **1/4c melted butter**
- **1t lemon zest**

Stir wet and dry ingredients together, just until combined. Fold in:

- **1c blueberries, fresh or frozen**

Drop onto greased sheet. Bake at 400 degrees for 15 minutes. Mix glaze and drizzle over warm biscuits:

- **1/2c powdered sugar**
- **1T lemon juice**
- **1/2t lemon zest**

*Scones Apple & Pear*

Combine:

- **5c flour**
- **4t baking powder**
- **1t baking soda**
- **1t salt**
- **(1/2c sugar)**
- **1/2c brown sugar**

Cut in:

- **1/2c butter**

Stir in

- **1c apples**
- **1c pears**

Stir in

- **1 1/3c buttermilk**

Shape into two 9" rounds. Cut into 8 wedges. Sprinkle with sugar. Place on sheet. Bake 22-28 minutes until golden brown.

*Cranberry Butter*

Beat 2 minutes. Serve on toast, muffins, bagels...

- **8oz whole berry cranberry sauce**
- **1c softened butter**
- **1T orange zest**

*Devonshire Cream*

Mix:

- **1/2c sour cream**
- **1/2t vanilla**

Beat in cooled bowl:

- **1/2c heavy cream**
- **2T powdered sugar**

Fold two mixes together. Serve with scones.

## Cornbread and Cocoa

Self explanatory

### Cream of Wheat

- **1/2c cereal**
- **2c boiling water**

Combine, cook on low 3 minutes.

### Granola ~ LLL

In cast iron skillet toast in 2 batches then put in bread bowl. Use small canner if doubling:

- **4c whole wheat or hearty flour**
- **2c bran**

Best if toasted then add to bread bowl:

- **2c ground flax seed**
- **1c sesame seed**
- **2c chopped nuts**

Add to bread bowl and mix well:

- **12c oats**
- **4t cinnamon**
- **2t salt**

Make syrup and pour over oat mixture. Boil five minutes, remove from heat:

- **2c brown sugar**
- **1c sugar**
- **1c olive oil**
- **1c canola oil**
- **2c water**

Mix in custard cup mix then add to hot syrup:

- **3T vanilla extract**
- **1T butter extract**
- **1 T almond extract**

Pour over oat mix and combine well. Pat into jelly roll pans. Bake at 325° for 20-30 minutes. Flip with spatula every 10 minutes. Dump on counter to cool, crisps as cools. Done when edges turn brown.

## Low fat granola

Combine and set aside:

- **2 1/2c oats**
- **1/4c flax meal**
- **2t cinnamon**

pinch:

- **salt**

In separate bowl combine:

- **1/2c apple juice**
- **1/4c maple syrup**
- **1/4c honey**
- **2T brown sugar**

Combine mixtures. Lay out on foil covered jelly roll pan. Bake 15 minutes at 325 degrees. Bread up and bake 8 minutes more. Cool before storing in airtight container.. 2/3c = 194 calories

Variations substitute wet ingredients for apple juice and maple syrup and dry spices for cinnamon

1)Macadamia nuts, dry ginger, coconut milk, vanilla, dry mango

2)Substitute orange juice, add orange zest, dry pineapple, paprika, sunflower seeds

3) almond slivers, almond meal, black cheery concentrate, almond ex, dry cherries.

## Spiced Granola

Combine:

- **3 c raw oats**
- **1/4c raw millet**
- **1/4c sesame seeds**
- **1/8c flax seeds**
- **1/8c pecans**
- **1 1/2t cinnamon**
- **1/4t ground cardamom**
- **1/8t ground cloves**

Drizzle with:

- **1/4c maple syrup**
- **1/4c orange juice**

Spread on jelly roll sheet and bake 30 minutes at 300 degrees, stirring every 10 minutes. Last 5 minutes of cooking add:

- **1/2 c raisins**

Cool and store in airtight container.

*Grapenuts*

- 1 1/2c-3 c brown sugar
- 6 1/2c whole wheat flour
- 1 1/2t baking soda
- 1/2c melted butter
- 2t maple flavoring
- 1T vanilla
- 3 1/2c buttermilk (equivalent milk and vinegar)

Mix and spread on two greased jelly roll pans. Bake at 350° for 30 minutes. Cool, crumble. Toast at 250-300° stirring often to prevent burning. Good served with:

- 1c yogurt
- 2T orange juice concentrate
- 1/8t cinnamon
- 1/4t vanilla

*Oatmeal*

- 1c oats
- 1c boiling water

Let combine, off heat, stand 3 minutes.

*Oats and Cocoa*

Pour hot cocoa over raw oats.

*Rice pudding*

Cook rice in microwave 25 minutes:

- 3/4c white rice
- 3/4c brown rice
- 2 1/2c water

Combine and pour over rice in saucepan. Heat to steaming:

- 7c hot water
- 1 3/4c powdered milk powder

Add and simmer 5 minutes:

- 1/3c-1/2c sugar
- 1-2c-1c raisins

Take off heat and add:

- 1t-1T vanilla

Eat immediately or refrigerate overnight to absorb more milk. Will continue to absorb milk in fridge so make sure there is still milk covering rice. \*Karen

### *Bunnies in the Grass*

Cut a hole in the center of buttered bread with a cookie cutter. Put in hot skillet. Break egg into bread. Fry, flipping until yolk is how you like it.

### *Crepes*

- **4 eggs**
- **2c milk**
- **1t salt**
- **1c flour**
- **1T sugar**
- **2T melted butter**

Combine stirring until a few lumps remain. Heat cast iron skillet on 7-8 to 375 degrees. Turn heat down to 3.5. Spray with Pam. Pour on 3/4c batter.

### *Dutch Babies*

Melt 5 minutes in 10" cast iron skillet at 400° :

- **1/4c butter**

Combine and blend until smooth:

- **1 1/2c milk**
- **1/2t salt**
- **1 1/2c flour**
- **6 eggs**
- **2t vanilla**

Pour into hot skillet. Return to oven and bake 20 minutes until puffy and brown on edges. Serve with applesauce, powdered sugar...(Vary by sautéing apples in brown sugar, butter and nutmeg. Bake at 475° 15 minutes then 375° 10 minutes \*Liz Leese)

### *Scrambles*

Greek; serve with new potatoes:

Italian: add **oregano**

- **Eggs, scrambled**
- **Garlic, sautéed**
- **Red onion, sautéed**
- **Basil**
- **Olives**
- **Spinach**
- **Feta**

Ham and Cheese; serve with strips of cheese over top:

- **Ham**
- **Swiss cheese**
- **Mushrooms**

*Best Bars*

Toast oats 300 degrees 25 minutes in jelly roll pan.

Toast seeds in frying pan over med heat 7 minutes.

- **1c rolled oats**
- **½ sunflower/sesame seeds**

Measure:

- **1 1/2c dried apricots/apples**
- **1 1/2c raisins**
- **1c almonds, chopped**
- **1/2c dry milk powder**
- **1/2c oat bran/toasted wheat germ**

Heat over med-high until rolling:

- **1c corn syrup**

Add to corn syrup:

- **1 1/4c peanut butter, crunchy or creamy**
- **1t orange extract**
- **1T orange zest**

Combine above mixtures and stir well.

Grease 9x13 pan with:

- **2t butter**

Refrigerate; cut when firm. Store in airtight container in fridge.

*Breakfast Bars*

- **1 1/2c flour**
- **1c bran cereal**
- **1/3c brown sugar**
- **2t baking powder**
- **3/4t cinnamon**
- **1 1/4t ginger**
- **1/2t baking soda**
- **2 egg whites**
- **1c milk**
- **1/4c molasses**
- **3T oil**
- **3/4c dry fruit**

Bake at 400° 16-18 minutes

*Energy Bars*

(revised July 2002)

- **1 1/3c raisin puree**
- **1c chopped almonds**
- **½-1 banana**
- **1/2c honey**
- **4T lemon juice**
- **1T olive oil**
- **2 eggs**
- **4c oats**
- **1c whole wheat flour**
- **1/2t baking soda**
- **1/4t baking powder**
- **1/3-1/2c white chocolate chips**
- **(1/2c raisins)**

Option 1: Substitute banana for pineapple, replace raisins with coconut. Omit chips.

Option 2: Substitute chocolate chips and orange zest for white chocolate and raisins.

Mix in order. Spread in greased 9x13 pan. Bake at 350° for 17 minutes or until edges and bottom are golden. Cut into bars. Store in fridge or freezer.

## ENERGY BARS

### *Iron Energy Bars*

Mix:

- **1 1/2c raisin puree**
- **1/3c butter**
- **1/3c black strap molasses**  
(or 1/2c corn syrup)
- **1/2c brown sugar**  
(omit if using corn syrup)
- **1 egg**
- **2 bananas**

Add:

- **1 1/4c whole wheat flour**
- **1/4c dry milk**
- **1/4c wheat germ**
- **1 1/2t baking powder**
- **1/2t baking soda**
- **1/2t salt**
- **1/2t ginger**  
(omit if using corn syrup)
- **1/2t cinnamon**

Add:

- **1/2c milk or water**
- **2c oats**
- **1c chopped almonds or walnuts**
- **(1/2c chocolate chips)**

Combine in order. Spread in greased 9x13 pan. Bake at 350° for about 30 minutes. Cut into bars.

### *GORP Bars*

Bring to a boil:

- **1c corn syrup**
- **1/2c brown sugar**
- **1/4t salt**

Stir in, in order:

- **1 1/2c chunky peanut butter**
- **1t vanilla**
- **1c dry milk**
- **2c granola**
- **1c raisins**
- **3/4c chocolate chips**

Butter a 9x13 pan. Press dough in and refrigerate 30 minutes before cutting. \*Mom

### *Marshmallow "Energy Bars"*

Melt:

- **1/4c butter**
- **4c small/40 big marshmallows**

Combine with:

- **1c rice crispies**
- **2c oats**
- **2c dried apples, nuts, seeds, craisins, etc.**

**OR combine marshmallow mix with one big box All Bran!**

**OR double marshmallow mix and use**

- **1 box All Bran**
- **1c cashews**
- **1c sunflower seeds**
- **1/2c craisins**
- **1/2c dried apricots**

*Apple Carrot Flax Muffins*

Mix:

- **1 1/2c all-purpose flour**
- **3/4c ground flax seed**
- **3/4c oatmeal**
- **1 c brown sugar**
- **2t baking soda**
- **1t baking powder**
- **1t salt**
- **1t ground cinnamon**

Mix in another bowl then slowly add to dry ingredients stirring just until blended:

- **3/4c skim milk**
- **2 eggs, beaten**
- **1t vanilla extract**
- **2T vegetable oil**

Fold in:

- **2c shredded carrots**
- **2 apples, peeled, shredded**
- **1c chopped nuts**

Fill greased muffin cups 2/3 full with batter. Bake at 350 F for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

*Blueberry Muffins*

Combine:

- **1 3/4c flour**
- **1t baking powder**
- **1/2t salt**
- **1/2t baking soda**

In separate bowl combine then add to above:

- **1c buttermilk**
- **1 egg**
- **3T melted butter or oil**

Combine and fold in, mixing until just combined:

- **1/3c sugar**
- **3/4c fresh blueberries**

(or 1/3c brown sugar, 1t cinnamon, 1/8t cloves, 1/2c raisins)

Pour into greased muffin cups. Bake at 400° 20-25 minutes. \*Deon

*Bran Muffins*

Dough may be stored 3 weeks in fridge.

Mix:

- **5t baking soda**
- **2c boiling water**

When cool add:

- **4c buttermilk**

In mixer bowl cream:

- **1c margarine**
- **1-2c sugar**

Add:

- **4 eggs**

In another bowl combine and add to creamed mixture alternately with liquid:

- **5c flour**
- **1T salt**

Add to complete the mix:

- **2c 40% Bran Flakes**
- **1/2 package All-Bran**

At baking time you may add raisins or blueberries or sprinkle with cinnamon and sugar. Bake at 400° for 15 minutes in greased tin. \*Mom

*Bran Muffins ~ Liz*

Combine and let stand until last step:

- **1c bran**
- **1c boiling water**

In mixer, cream:

- **1/2c margarine**
- **1/2c brown sugar**

Add in order:

- **2 eggs**
- **2c buttermilk**
- **2c All-bran**

Combine then add to above along with soaked bran:

- **2 1/2c flour**
- **2 1/2t baking soda**
- **1t salt**

Store as cook as above.

### *Bran Muffins ~LLL*

Combine:

- **2c boiling water**
- **5c bran**

Combine then add to wet bran:

- **5c whole wheat flour**
- **5t baking soda**
- **2t cinnamon**
- **1 1/2t salt**

Stir in:

- **1c oil**
- **1c honey (or brown sugar or molasses)**
- **4 eggs**
- **4c buttermilk**
- **(1/2c raisins or chopped apple)**

Fill greased muffin cups 2/3 full. Bake at 400° 15-20 minutes. Store extra dough in fridge. \*page 22

### *French Breakfast Puffs*

Cream:

- **1/4-1/2c sugar**
- **1/3c butter**
- **1 egg (or 1/4c water)**

Add dry ingredients alternately with milk:

- **1/2c milk**
- **1 1/2c flour**
- **1 1/2t baking powder**
- **1/2t salt**
- **1/4t nutmeg**

Bake at 350° for 20 minutes. Remove from tin while still hot and dip in melted butter and sugar and cinnamon mixture. \*Mom

### *Flaxseed Muffins*

Mix all ingredients well:

- **1 1/2 cups all-purpose flour**
- **1 1/2 cups ground flax seed**
- **3/4 cup brown sugar**
- **1 tbsp baking powder**
- **3/4 tsp nutmeg**
- **1 1/2 tsp cinnamon**
- **2 cups milk**
- **1 egg**

Spray muffin pan with cooking spray or use pan liners. Fill with batter until 3/4 full. Bake at 350°F for approx. 25-30 minutes.

### *Spelt Muffins*

Combine:

- **2 1/4c spelt flour (or 1c rice flour and 1 1/4 oat flour)**
- **1/4c brown sugar (or use honey and add with milk)**
- **1T baking powder**
- **1/2t salt**

Beat together:

- **1 1/4c milk**
- **3 eggs**
- **1T oil**

Mix together just until moistened. Fill greased muffin cups 2/3 full and bake for 17 minutes. Variation: add 1/2c almonds, dates or raisins before baking.

### *Oatmeal Muffins*

Combine and let stand 30 minutes:

- **1c oats**
- **1c yogurt**

Combine and add:

- **1c flour**
- **1/2t salt**
- **1/2t baking soda**
- **1 1/2t baking powder**

Combine: and add to oat mixture. Stir just until blended:

- **1/2c melted margarine, cooled**
- **1/4c-1/2c brown sugar**
- **1 egg**

Spoon into greased muffin tin. Bake at 350° for 25 minutes.

### *Oatmeal Apple Muffins*

Combine and let stand 30 minutes:

- **2c oats**
- **2 yogurt**

Combine and add:

- **2c flour**
- **1t salt**
- **1t baking soda**
- **3t baking powder**

Combine: and add to oat mixture. Stir just until blended:

- **1/4c melted margarine, cooled**
- **1/2-1c brown sugar**
- **1 egg**
- **2 grated apples**

Spoon into greased muffin tin. Bake at 350° in tiny tin for 25 minutes? VERY moist. \*Pam

## *Oatmeal Craisin Muffins*

Beat together:

- **2 eggs**
- **1/3c brown sugar**

Add:

- **1/2c vegetable oil**
- **1/2c milk**
- **1t vanilla**

Combine fold into to dry ingredients:

- **3/4c flour**
- **1t baking powder**
- **1/4t salt**

Add:

- **1/2c craisins**
- **1/2c chopped nuts**

Bake at 350 for 25 minutes.

PANCAKES ETC.  
*Aebleskiver*

Beat:

- 3 egg yolks
- 2c buttermilk
- Sift together:
- 2c flour
- 2T sugar
- 1/2t salt
- 1t baking soda
- 1t baking powder
- Beat until stiff then fold into batter:
- 3 egg whites

To cook, put 1t butter in each preheated skillet cup. Fill 1/2 full with batter. Bake until bubbles form, turn balls and bake until cooked through, continuing to turn until golden brown.

*Blueberry Strata*

Butter 13 x 9 Pyrex baking dish, arrange in pan:

- Italian bread ( large loaf), sliced into 1" slices or cubes

Combine and pour over bread then cover and refrigerate overnight (or not):

- 6 eggs
- 1 1/2 cups half and half
- 1 1/2 cups milk
- 1 tsp. vanilla
- 1 tsp. cinnamon
- dash of nutmeg

Liberally sprinkle top of bread:

- 1 1/2 cups blueberries
- Pecans or walnuts

Mix with pastry blender, sprinkle on top:

- 1/4-1/2c butter, softened
- 1/2-1 cup brown sugar

Bake for 40 minutes @ 350 degrees.

Dust with confectioner's sugar and serve warm.

\*Gloria Millholland.

*French Toast ~ Shelly Muzzall*

Mix together until smooth:

- 1/2c flour
- 1t baking powder
- 1/4t salt
- 1/2c milk
- 1/2t vanilla
- 2t sugar
- 1 egg

Rub griddle with butter. Dip bread in batter, fry until crispy on both sides.

*Pancakes*

May store batter overnight but not necessary.

Combine and set aside:

- 1c flour
- 1/4t salt
- 1T sugar
- 1T baking powder

In another bowl stir together then combine mixtures.

- 1 egg
- 1c milk
- 3T sour cream

\*Mom

*Light and Airy Pancakes*

Stir together:

- 1c flour
- 1T baking powder
- 1 1/2t sugar
- 1/8t salt

Combine, then add all at once to dry mixture:

- 1/4c egg product
- 1/2c nonfat yogurt
- 1/2c milk
- 1T oil

Stir just until moistened. Spray preheated griddle. Cook over medium heat until golden brown. \*Mom

*Maple Syrup*

Combine, stir until dissolved, boil. Cover and boil 10 minutes without stirring:

- 4c sugar
- 1/2c brown sugar
- 2T light corn syrup
- 2c water

Remove from heat, cool slightly. Add, stir only until mixed:

- 1t-T vanilla
- 1t-T imitation maple extract

### *Todd's Potato Casserole*

Par boil the night before, cool, peel, shred (or use 40 oz prepared hash browns). Place in the bottom of a greased 9x13 pan:

- **Potatoes**
- **Salt and pepper**

Cover with:

- **cooked breakfast sausage**
- **Cheddar cheese**
- **Red peppers**
- **Onions**

Bake 375 degrees 20 minutes or until warmed through.

Optional: combine:

- **9 eggs**
- **3c milk**
- **1 1/2t mustard**
- **salt and pepper**

Pour over all and refrigerate covered overnight. Bring out 30 minutes before baking, uncovered. Bake 350 degrees for 70 minutes. Let stand 10 minutes before serving. Serve with:

- **salsa**

### *Pantry Hashbrowns*

Boil 5 gallon bucket worth of **white potatoes** with skins on for 1 hour. Immediately dunk in **cold water**. Skins should come right off. Put in fridge overnight. Grate or shred in the morning. Fry in **butter** until warm and brown. Season with **salt and pepper**.

### *Potato Pancakes*

(1.5 recipes November 2001)

Grate:

**6-8 potatoes**

In another bowl combine then add potatoes. Squeeze off extra potato juice as it accumulates:

**4 egg yolks**

**4T flour**

**4T evaporated milk**

**1 1/2t salt**

Beat until stiff peaks form then fold in:

**4 egg whites**

Grease hot griddle with butter. Place on griddle with slotted spoon. Serve with apple sauce, powdered sugar, peanut butter, syrup...

*Banana Bread*

Cream:

- **3/4c sugar**
- **1/3c margarine**

Add:

- **2 eggs**

Blend in:

- **2T orange peel**
- **1T lemon juice**
- **1c mashed banana**

Sift together, stir just until blended:

- **2c flour**
- **3 1/2t baking powder**
- **3/4t salt**
- **1/2c walnuts**

*Banana Bread LLL*

Cream:

- **1/3c oil**
- **1/2c honey**

Add:

- **2 eggs**

Stir in:

- **1c mashed banana**

Add dry ingredients alternately with:

- **1/4c hot water**

Combine dry ingredients:

- **1 3/4c whole wheat flour**
- **1t baking soda**
- **1/2t salt**

Fold in:

- **1/2c nuts**

Pour into greased loaf pan. Bake at 325° 55-60 minutes. Cool on wire rack.

*Poppy Seed Bread 1*

Beat:

- **1 1/2c oil**
- **4 eggs**
- **2c sugar**
- **1t vanilla**

Add combined dry ingredients alternately with milk:

- **1c evaporated milk**
- **3c flour**
- **1 1/2t soda**
- **1/2t salt**
- **1/2c poppy seeds**

\*Amy Lanning

*Poppy Seed Bread 2*

- **3c flour**
- **2 1/2c sugar**
- **1 1/2T poppy seeds**
- **1 1/2t baking powder**
- **1 1/2t salt**

Add:

- **3 eggs**
- **1 1/2c milk**
- **1c oil**
- **1 1/2t vanilla extract**
- **1 1/2t almond extract**
- **1 1/2t butter extract**

Pour into 2 greased loaf pans and bake at 350° for 65 minutes. Cool completely in pan. Boil syrup and pour over bread in pan.

- **3/4c sugar**
- **1/4c orange juice**
- **1/2t vanilla extract**
- **1/2t almond extract**
- **1/2t butter extract**

Cool 5 minutes before removing from pan.

*Zucchini Bread*

Cream together:

- **2c sugar**
- **1c oil**

Add:

- **3 eggs**
- **2t vanilla**

Add dry ingredients alternately with zucchini:

- **3c grated zucchini**
- **3c flour**
- **1t cinnamon**
- **1t salt**
- **1t soda**
- **1/2t baking powder**
- **1/2c nuts**

Grease pan. Bake 90 minutes at 300 degrees. Cool 15 minutes in pan, then on wire rack.

## SMOOTHIE

### SMOOTHIE *Smoothie*

- 1 banana
- 16 whole almonds
- 1/4 cup rolled oats
- 1 tablespoon flaxseed meal
- 1 cup frozen blueberries
- 1 cup raspberry yogurt
- 1 cup 1% buttermilk
- (1/4c concord grape juice)

Makes 2

### *Milkshake 1*

- 1/2 banana
- 1/2c strawberries
- 2t almonds
- 1/4c tofu
- 2t sugar
- 3/4c water
- ice

\*2001 school breakfast

YEAST BREAD  
*Bread sticks*

Let proof at room temperature; overnight ok.

Combine water, oats and seeds. Let stand until 105 degrees:

- **4c boiling water** (left over potato water)
- **2c oats**
- **1/2c sunflower seeds, raw**

Add:

- **2T yeast**
- **2c flour**

Let proof until bubbly. Later, add:

- **1/4c oil**
- **1/2c honey**
- **1T salt**
- **4 grated potatoes**

Add 1c at a time:

- **6-8c flour**

Allow to rise at least once. Roll into rectangle, smother with:

- **olive oil**

Liberalily sprinkle with:

- **basil**
- **Parmesan cheese**
- **onion powder**
- **garlic powder**
- **salt**

Slice into 1"x4" strips. Place sheet greased with olive oil. Bake at 350° on an insulated sheet for at least 10 minutes until golden and slightly crunchy.

*Ciabatta*

Sponge

- **1/8t yeast**
- **2T water** (105 degrees)
- **2/3c water** (105 degrees)
- **1c bread flour**

Dough

- **1/2t yeast**
- **2T milk** (105 degrees)
- **2/3c water** (105 degrees)
- **1T olive oil**
- **2c bread flour**
- **More flour**
- **1 1/2t salt**

Toppings

- **coarse salt**
- **rosemary**

Combine first two ingredients and let stand 5 minutes. Add remaining sponge ingredients and stir until well combined. Let stand at room temp 12-36 hours until sourdough smelling.

When ready to make bread, combine yeast and milk and allow to stand 5 minutes. In Kitchen Aid with dough hook, mix all ingredients except salt just until moistened. Add salt and enough flour to form a smooth and elastic ball (knead/mix with hook about 8 minutes). Place in oiled bowl. Cover with plastic wrap or towel and allow to rise at room temperature until doubled in bulk (about 90 minutes).

Form into 2 ovals or roll out about 1" thick and cut into square rolls. Place on baking pan (or parchment paper if baking on stone), cover with damp towel, and allow to rise until almost doubled in bulk (at least 90 minutes). Sprinkle with toppings. Bake 20 minutes at 425 degrees or until pale golden. Cool on wire rack.

(To bake on stone: heat oven to 425. Place stone in hot oven on lowest rack and preheat for 45 minutes. Transfer loaves to hot stone. Bake as above).

## *Dutch Oven Sweet Bread*

Combine in a two-cup measuring glass then set aside:

- **2 packages dry active yeast**
- **1 c 105 degree water**
- **1t sugar**

Mix in the Kitchen Aid mixing bowl:

- **2/3c melted butter**
- **2c lukewarm milk**
- **3/4c sugar**
- **4t salt**

Add yeast mixture and blend in:

- **2 eggs**

Mix in and beat in Kitchen Aid on med-high for 5-10 minutes. Dough should be thready and shiny:

- **8-10c flour**

Keep adding flour one cup at a time. Once mixer has a hard time mixing the dough, put dough in a greased big bowl (big stainless steel bowl). Stir in as much flour as you can with a spatula. Then knead in the rest of flour. I normally don't keep track of how much flour I put in (somewhere around 5 more cups). I just make sure that the dough does not stick to my fingers or the bowl, and you can form a nice smooth ball that feels like a baby's butt (according to Grama Gabelein).

With dough still in bowl, spray the top of the dough with cooking spray. Cover with a CLEAN kitchen towel and let rise till double. Ideal rising temperature is 75 degrees. You can heat the oven a bit and then let the dough rise in the oven with just the light on for warmth. Or stick in the car on a sunny winter day. Allow about 90 minutes. Poke the dough with your finger. If the hole immediately fills in, let it rise longer. After the dough doubles its size, punch down. Now is the time to choose if you want to make loaves of bread or rolls.

### **BREAD**

Knead the dough and spray the bread pan with cooking spray. Shape the dough into loafs. It is best to have the dough reach the length of the pan but about half full height wise to allow room to rise.

After you have put the dough in the pan, let rise again until double again. Bake at 350 degrees for 30 minutes. Make sure the bread is done by knocking on the top to make sure it sounds hollow. Also it should be dark, dark brown (almost chocolaty according to GG). If you aren't sure, cut the loaf in half with a serrated knife and make sure it is not doughy.

### **ROLLS**

Pinch some dough from the batch and then shape into a ball by grabbing the corners and putting them on the bottom until you have a nice circle shape of dough. A racquet ball sized piece of dough is perfect, make the ball about half of the size of the roll you want to end up with. Place in a greased 9x13 pan (either canola oil or Pam); leave space between the rolls to allow them to rise.

Brush the top of the rolls with some butter or cooking spray. This will make the rolls a nice brown color. Let them rise until double. Then bake at 350 degrees for 15 minutes. Check the rolls; they should be brown. If they are still pale, bake them for a few more minutes.

ENJOY the yumminess of the bread! Thanks to Racheal, our family bread maker, for the detailed recipe.

## *Focaccia ~Checkerboard*

Mix with fork and let stand , covered with plastic wrap for 12 – 24 hours.

- **3 c flour**
- **1 2/3c warm water**
- **1/4t yeast**
- **1 1/2t salt**
- **Add 1 c flour after rising**

Line pan with parchment paper or grease with olive oil. Pat dough into pan. Cover, let rest 1 hour to 90 minutes. Brush with olive oil and add toppings. Sprinkle with herbs and seasonings.

- **Toasted pumpkin seeds**
- **Oil packed dried tomatoes**
- **Green olives**
- **Greek olives**
- **Thinly sliced limes**
- **Thinly sliced roma tomatoes**
- **Smoked paprika, ground cumin, oregano, sea salt**

Cook at 400 degrees for 30-35 minutes. Cool on wire rack.

## YEAST BREAD

### *Grama's Bread*

Makes 4 big loaves.

Combine:

- **1/4c warm, 110°**
- **2T yeast**

In Kitchen Aid with batter beater combine then add above:

- **9c warm water**
- **1/4c powdered milk**
- **1/2c sugar**
- **2T salt**
- **1/4c oil**

Add flour 1c at a time while beating on medium until dough is thick but still pourable. Continue to beat about 15 minutes until shiny and thready:

- **8-10c flour**

(half ww or all Deon's whole wheat ok)

With spatula, stir in more white or whole wheat flour until kneadable:

- **5-6 cups flour**

Knead, let rise, punch down, let rise again if desired.

Bake in greased tin pans 375° for 35-40 minutes.

When done, brush with butter then cool on wire racks.

\*Grama Gabelein

### *Herbed Bread*

Place dough in greased 9x13 pan. Cut diagonal lines 1 1/2" apart completely through dough for form rolls in a diamond pattern. Cover and let rise. Brush with:

- **2T melted butter**

Bake at 375 for 15 minutes. While baking combine:

- **2T grated parmesan cheese**
- **1t dry basil**
- **1/2t dry oregano**
- **1/2t garlic powder**

Brush bread with another:

- **2T butter**

Sprinkle with cheese mix and bake 5 minutes. Cover with foil and bake 5 MORE minutes. Serve warm.

### *Oat Bread*

- **5c water**
- **1/3c brown sugar**
- **1/3c oil**
- **2T salt**
- **2T yeast**
- **4c oats**
- **7c flour**

\*Marie Burnett

### *Pesto Rolls*

Roll out bread dough in 5" circles. Put 1T pesto in the center. Pull together with seam on bottom. Bake on greased sheet at 350 degrees.

### *Pita Bread*

- **1 1/3c water**
- **1 1/2t yeast**
- **2T oil**
- **1t salt**
- **4c flour**

Cook in oven or on BBQ. Heat cast iron griddle in 500 degree oven. Roll out pitas...tiny or large. Turn when puffed. Cool on rack. Eat or freeze.

### *Pretzels*

Dissolve until bubbly:

- **2T yeast**
- **4 1/2c warm water**
- **3T honey**

Stir in:

- **1T salt**
- **6c flour**
- **(1/4c oil)**
- **(1/2c dry milk powder)**

Continue to add flour until kneadable

- **6c flour**

Knead 5 minutes. Let rise until doubled, about an hour. Punch down and divide into portions. Roll and shape, let rise 20 minutes on greased sheet. **Drop into boiling salted water and boil 1 minute. Drain.** Place on greased pan, glaze and bake.

Brush with mixture of:

- **1 egg**
- **beaten 1T water**

Sprinkle with:

- **Coarse salt & poppy or sesame seeds**

Bake at 400° 20 minutes. Cool on racks. Can freeze shaped dough. \*See LLL page 129.

## YEAST BREAD

### *Quisinart Bread*

Dissolve:

- **2t yeast**
- **2t sugar**
- **1/3c 110 degree water**

Combine

- **4 c flour**
- **3T butter (not melted)**
- **1 1/2t salt**

Add and process 45 seconds:

- **1c cold water**

Allow to rise an hour in a greased bowl. Put in 2 greased pans. Let rise an hour more. Bake at 400 degrees 30-35 minutes.

### *Sourdough Bread*

1 loaf

- **1t yeast**
- **1/2c starter**
- **5/8c warm milk**
- **3T honey**
- **1t salt**
- **3c flour**

3 loaves

- **1T yeast**
- **1c-2c starter**
- **4c warm milk**
- **1/2c honey**
- **1T salt**
- **flour**

Bake at 375 degrees in greased tin pans, 35 minutes for loaves, 25 minutes for tiny loaves, 30 minutes for rolls. Brush crust with butter while hot. Cool on racks.

\*Grama Gabelein (starter 1c milk, 1c sugar, 1c flour)

## YEAST SWEET BREAD

### YEAST SWEET ROLLS *Braided Pastry*

Combine:

- **2c flour**
- **1/4c sugar**
- **1 package (1/4oz) quick-rise yeast**
- **1/2t salt**

Heat to 120-130°, add to dry ingredients:

- **1/2c milk**
- **1/2c margarine**
- **1/2c water**

Add:

- **1egg**
- **1c flour**

Do not knead. Cover and let rest for 10 minutes. Roll into rectangle and add filling of choice (see next page). Slice edges of dough for 'braid' and fold in. Let rise 45 minutes. Bake at 375° for 20-25 minutes or until golden. Cool on wire rack.

### *Cream Cheese Raspberry Filling*

Combine:

- **8oz cream cheese**
- **1/2c sugar**
- **2T margarine**
- **2t lemon juice**

Spread on center third of rectangle. Cover with:

- **1/2c jam**

### *Cinnamon Rolls*

1X

Dissolve:

- **1T yeast**
- **1/4c warm water**

3X

- **3T yeast**
- **3/4c warm water**

Add to above, mixing in more flour until thready, beat until shiny:

- **1 1/2c milk**
- **1/4c melted marg**
- **1 eggs**
- **1t salt**
- **3/4c sugar**
- **1c flour**

- **4 1/2c milk**
- **3/4c melted marg**
- **3 eggs**
- **1T salt**
- **2 3/4c sugar**
- **3c flour**

Add more flour by hand, enough to make a stiff dough. After kneading and rising, punch down and roll into 6x12 rectangle.

- **flour**

Spread with:

- **margarine**

Mix and sprinkle over margarine:

- **1 1/2c sugar**
- **2t cinnamon**

Fold into thirds, add filling and roll again. Roll into shape, cut into 3/4" slices. Put in greased stainless 9x13 and let rise. Bake at 350° for 20 minutes until golden on top.

### *Cinnabon Rolls*

Combine:

- **1/3c butter**
- **1/2c brown sugar**
- **1T corn syrup**
- **2/3c pecan halves**

Pour into greased 9x13 pan

Cover with rolls. Bake at 375 degrees for 30 minutes.

### *Cream Cheese Frosting*

Combine all ingredients and mix until smooth.

- **8 ounces cream cheese**
- **1/2 cup margarine**
- **1 teaspoon vanilla**
- **3 cups confectioner's sugar**
- **1 tablespoon milk**

### *Glaze \*Grama Gabelein*

Cook on stove, stir until smooth but do not boil. Pour over warm (not hot) rolls while glaze is still warm.

- **1/2c melted butter**
- **2c powdered sugar**
- **5t water**
- **2t vanilla**

