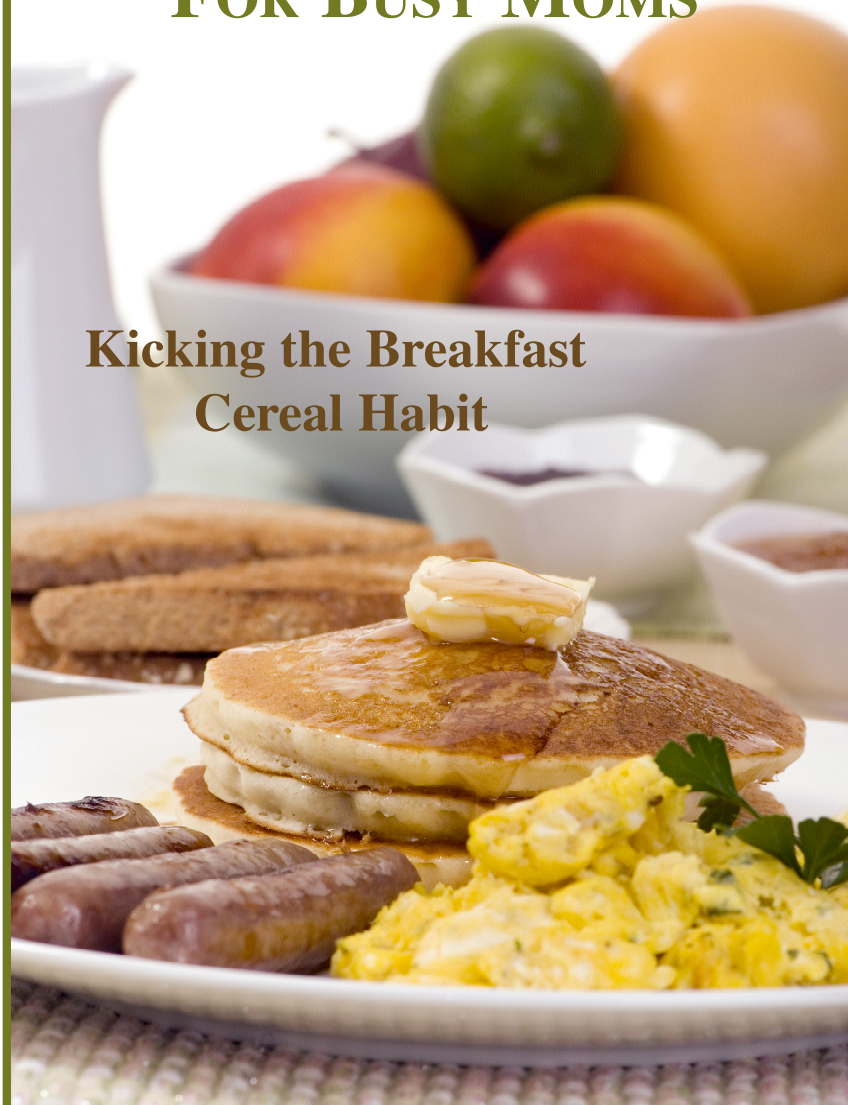


BREAKFASTS FOR BUSY MOMS

**Kicking the Breakfast
Cereal Habit**



**by Marilyn Moll
The Urban Homemaker**

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www.urbanhomemaker.com

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1

Introduction

We have all heard that breakfast is the most important meal of the day, yet many of us ignore this advice and either skip it altogether, or rely on cold cereal and other prepared or processed breakfast fare such as breakfast bars, pop tarts, bagels or doughnuts. I suspect that if we're honest with ourselves we would have to admit that we're often bored with this breakfast routine and too pressed for time to come up with a better plan.

We probably all need the reminder that eating a simple and nutritious breakfast helps our body to regulate our metabolism for the day and consequently what we eat throughout the day by establishing even blood sugar levels in our bodies. Wide fluctuations in blood sugar levels caused by poor food choices not only contributes to the aging process but most frequently contributes to overeating or binge eating later in the day which is associated with weight gain and the strong urge to eat whatever is in sight.

Busy moms of young children have the privilege and responsibility to establish healthy, consistent eating habits in their children at a young age, even if they are not "morning people". Breakfast calories are better metabolized than evening meals and help keep busy moms, their children, and hard-working dads productive, efficient and at peak mental performance with sustained physical energy levels for the day. I suspect many emotional melt-downs, temper-tantrums and angry conflicts may be exacerbated by poor eating habits.

As I was preparing to write this book, I received a phone inquiry asking, "What can I serve for breakfast besides eggs or cereal?" That question was just the impetus I needed to explain the nutritional benefits of kicking the breakfast cereal habit for good, and assembling this breakfast recipe assortment of tried and true, quick and easy recipes. This breakfast book is NOT just an assortment of recipes found in any basic cookbook, but rather an effort to lay the foundation of starting the day with a breakfast of nutrient dense traditional foods as identified in the book **Nutrition and Physical Degeneration** by Dr. Weston Price.

In the 1930's, Dr Weston A. Price, a dentist, traveled the world to study the effects of the "modern" diet on dental health, compared to



more traditional diets. In doing so, he found that modern diets played havoc with teeth. But he also found many more benefits to traditional diets other than healthy teeth. The differences between people who had eaten their natural, whole food ancestral diets from birth and people who had feasted on refined foods such as sugar, and white flour products were mind-boggling.

Dr. Price found that the traditional wholesome diets practiced by primitive people groups around the globe on five continents produced wide faces with jaws wide enough to accommodate all the teeth with proper spacing, few or no cavities, and wide heads to house their brains. They had happy demeanors and vibrant health. The more "civilized" diet contributed to narrow jaws with crowded teeth, cavities, and narrow foreheads. His book documents his research findings with hundreds of pictures.

Dr. Price has been widely accepted as one of the foremost authorities in the development of degenerative illnesses as a result of the addition of processed foods to our diet. According to Dr. Price's research there are common factors found in traditional diets.

Traditional diets include:

1. Nutrient-rich proteins from meats and organ meats from pastured animals
2. Raw dairy products from pastured animals
3. Eggs from pastured hens
4. Traditional fats - butter, olive oil, lard, coconut oil
5. Chemical-free produce - fruits, vegetables and grains
6. Properly prepared grains, legumes, nuts and seeds
7. Bone broths
8. Lacto-fermented condiments and beverages

I first became acquainted with the concept of soaking grains through Sue Gregg, author of the Sue Gregg Cookbook series, when she issued an update to her cookbooks called "Talking Food Pages". Through her research, Sue had discovered the principle that properly prepared grains through a soaking process maximizes their nutritional value. Sue explained that the bran in grains, nuts, and seeds contain substances called phytates (phytic acids) which bind up a substantial portion of necessary vitamins and minerals. This in turn interferes with absorption in the intestinal tract of up to 60% of important minerals

such as calcium, magnesium, copper, iron, and zinc, and is a cause of many digestive difficulties associated with consuming whole grains. In addition, improperly prepared grains also contain enzyme inhibitors that interfere with digestion.

Sue concluded, "I am no longer recommending any cold cereals. As for granolas, limit them to a garnish on hot cereal since they are generally not prepared by the two-stage process that enables the phytic acids to release nutrients." Sally Fallon, author of **Nourishing Traditions**, explains that commercial cereals are extruded at high temperatures and high pressures which is a very damaging process to the proteins in the grain and hence refers to cold breakfast cereals as "neuro-toxic", noting that experts have speculated that cold breakfast cereals contribute to hyperactivity.

Because making dietary changes in the midst of our busy schedules is a process rather than a final destination, this book explains how to prepare grains both in the traditional way as well as a method which maximizes nutritional value. With whole grain cereals we encourage you to use traditional fats in the form of whole fat raw milk (if possible), yogurt, butter and cream which are needed to facilitate calcium absorption and stable blood sugar levels.

In addition, you will see how you can easily incorporate raw dairy products, eggs from pastured hens, traditional fats, and properly prepared grains at the breakfast meal. **Breakfast for Busy Moms** is a collection of simple and healthy breakfast options and menu planning strategies that will enable you to reduce and eliminate popular breakfast options of compromised nutritional value.

Menu Planning for Breakfast

Wholesome breakfast menus can also include traditional breakfast foods such as eggs with buttered toast, muffins or biscuits. Smoothies should be made with whole milk, yogurt, kefir, or coconut milk (avoid protein powders) and they will be enthusiastically accepted by the whole family.

As a busy mom, I prepare eggs in different ways several times a week to serve with home baked muffins, biscuits or whole grain toast. Breakfast breads are truly quick and convenient breads when made ahead.

I usually serve hot, creamed cereal or oatmeal once or twice a week and save pancakes, French toast, cinnamon rolls, waffles and egg casseroles for weekends or holidays. If more complicated recipes are prepared the night before, hot breakfasts can be served in minutes.

Whenever a menu is planned ahead, preparation time is streamlined because you already know what you are going to make.

Here is a suggested rotating breakfast menu:

Sunday:	Pancakes and sausage or breakfast casserole
Monday:	Fried eggs with buttered toast
Tuesday:	Hot oatmeal with yogurt, chopped nuts and dried fruit
Wednesday:	Poached eggs with biscuit or muffins
Thursday:	Smoothie containing fresh fruit with or without muffin or toast
Friday:	Scrambled eggs and fried leftover potatoes or toast
Saturday:	French toast or Breakfast Burritos

To get started with this new lifestyle, you might try planning a nutritious breakfast one or two days a week and when that habit is established, expand it to three days a week and so on. New habits are best established slowly and gradually so they will become permanent changes in your life.

Do Ahead Tips:

1. Prepare one-dish breakfast casserole recipes the day or evening before and bake in the morning.
2. Start a quick bread batter for muffins or biscuits the day or night before, mix in last minute ingredients such as eggs and leavening in the morning and bake. Starting breakfast foods the night before is actually a convenience.
3. Start soaking whole grains or oatmeal after dinner. Cook up in the morning.
4. Chop up veggies for omelets and scrambled eggs the night before or store chopped veggies in the freezer so they are ready to go in the morning.
5. Cheese can be grated ahead and stored in the refrigerator or freezer.
6. Set the breakfast table the evening before.
7. Thaw frozen breads before going to bed so they can be quickly reheated in the morning.

Important Ingredient Information

I want your experience with my recipes to always be successful, tasty and healthful, so I am including a short explanation about ingredients. Quality ingredients used in home cooked foods translates into great taste and superior nutrition. The following information is designed to help you understand what kinds of ingredients to use for best results.

Grains and Flours

It is best to use freshly milled whole grain flour. Most of the recipes in this book call for whole wheat pastry flour that is milled from soft wheat (often called pastry berries), instead of all purpose flour. Pastry flour is lower in protein than hard wheat flour (used for yeast breads), and contains a full compliment of over 26 naturally occurring vitamins and minerals. Pastry flour must be packed like brown sugar when measuring. A good substitute for whole wheat pastry flour is freshly milled Kamut™, spelt, or Seven-Grain Mix.

All-Purpose Flour - the finely ground endosperm of the wheat kernel WITHOUT the bran and germ. It may be substituted for whole wheat pastry flour, cup for cup, but contains very little nutritional value.

Bread Flour – This refined flour product has greater gluten strength than all-purpose flour and is generally used for yeast breads. Since it contains very little nutritional value, substitute freshly milled whole wheat flour made from hard wheat when possible.

Hard Winter Wheat - Planted in the fall, usually grown without supplemental irrigation. Tends to be lower in protein than hard spring wheat. Best when used in yeast breads.

Hard Spring Wheat - Planted in the spring, usually grown without supplemental irrigation. Yields a high protein and low moisture content wheat kernel. This wheat tends to be more expensive because of the high protein content and it makes the lightest whole wheat bread.

Soft Spring Wheat or Pastry Wheat - This wheat is lower in protein and used for making cakes, cookies, muffins, pancakes, pie crust, pas-

tries and baked goods that use baking powder. Be sure to pack this freshly milled flour into a measuring cup to get best results.

Salt

All salt is not created equal! Most commercial salt has been heat treated to very high temperatures, changing the molecular structure of the salt. Additives such as silicates, dextrose, and aluminum compounds are added as anti-caking agents.

We personally recommend Real Salt™ because it is not heat treated, nor does it have additives. Its' unique flecks of color are the result of more than 50 natural trace minerals essential to human health (including natural iodine!). Sea salt is also a good choice, but be sure to read the label to make sure it contains no additives.

Milk and Eggs

Use raw milk dairy products from pastured animals whenever possible. Check www.realmilk.com for local sources.

Use eggs from pastured hens rather than commercial eggs produced by hens held in confinement. You will be amazed at the difference in the color of the egg yolk which is very high in vitamins, minerals, and healthy fats.

Fats

Use traditional fats such as butter, extra virgin olive oil, and coconut oil. Avoid hydrogenated fats and transfats of any kind, including margarine.

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The Egg Breakfast

There are a variety of ways to prepare the humble and nutritious egg. Use a variety of cooking methods to keep breakfast from becoming boring or predictable.

Eggs offer very high quality protein that is easily digested and utilized by the body. In fact, egg yolk is so nutritious and digestible that babies as young as 6 months can try cooked egg yolk as a first food. The egg yolk in particular has very high vitamin and mineral content, as well as healthy fats. Eggs also contain important fatty acids that contribute to brain and nervous system health.

Free-range fed hens lay eggs that have superior nutritional value to eggs produced from hens held in confinement which is why nutritionists often recommend free-range eggs. Research has shown that Americans suffer less heart disease when they eat more eggs.



Poached Eggs

I grew up with poached eggs cooked and served in “egg cups” steamed over boiling water in a covered skillet. Poached eggs can also be cooked over or in boiling water as follows:

Fill a large skillet with enough water to cover the eggs and add 1/2 tsp salt and 1 tsp vinegar. Bring the water to a boil and break an egg into a saucer or custard cup. Remove the skillet from the heat and carefully slip the egg into the hot water. Repeat for several more eggs, as required. Cover the skillet. Allow the eggs to sit in hot water for 3-5 minutes or until the egg white is firm. Remove with a skimmer or slotted spoon. Use for eggs on toast or Eggs Benedict or as desired.

Soft-boiled and Hard cooked Eggs

Cover desired number of eggs in a medium sauce pan with cold water. Place the pan over medium heat and bring the water to a boil. Lower the heat to a simmer and start timing. After the heat is reduced a soft boiled egg is ready in 2-3 minutes. A medium cooked egg in 4-5 minutes. Hard cooked eggs are done in 10-15 minutes and then the eggs are plunged into cold water to prevent any further cooking which causes the yolks to discolor.



Fried Eggs



Melt 1-2 Tbsp butter or coconut oil in the skillet. Break 4 eggs carefully into the skillet and baste the eggs with the hot fat. Cook over very low heat until done. To get the whites firmed, pour 1-2 Tbsp hot water into the skillet and then cover the skillet immediately. Cook about 1-2 minutes until eggs are

cooked to desired firmness.

Scrambled Eggs

Making scrambled eggs is an opportunity to exercise your creativity and use up little bits of whatever is on hand and have breakfast in a jiffy. Recently we made scrambled eggs with some leftover hash browns, bits of bacon, and a bit of grated cheese that were outstanding. This is one

of the fastest ways of using up little bits of leftovers that I can think of. If you add just a tablespoon or so of finely chopped chicken liver the nutrient benefits skyrocket.

Omelets

Omelets take a little more fussing than scrambled eggs, but make an elegant breakfast or brunch. Be sure to have everything ready before you get started.



FLUFFY SCRAMBLED EGGS

6 well-beaten eggs, use wire whisk

1/3 cup milk or cream

3/4 tsp salt

1/8 tsp pepper

dash worcestershire sauce, optional

1/2 tsp dry mustard, optional

Combine eggs, milk or cream and seasonings. Scramble the eggs in a small amount of melted butter or coconut oil in a frying pan, stirring frequently until just set. Serve with or over buttered toast. Serves 4-6

Suggested variations:

Onion

Saute 1/2 cup finely chopped onion in butter until softened. Scramble desired number of eggs with the onion.

Onion/Pepper

Saute 1/2 cup finely chopped onion and 1/3 cup finely chopped green and/or red pepper with butter until softened. Scramble eggs with veggies.

Onion/Cheese

Saute 1/2 cup finely chopped onion in butter until softened. Add 1/2 cup shredded cheddar, Monterey Jack, Parmesan or other grated hard cheese with scrambled egg mixture and scramble eggs as directed above.

Sausage

Add 1/2 cup of cooked bulk sausage to scrambled egg mixture above and scramble eggs as directed.

BASIC OMELET

Serves two (Double, triple, quadruple, etc as needed)

3 eggs
1 Tbsp milk or cream
1/8 tsp salt
dash pepper
dash Tabasco, optional

Beat eggs slightly; beat in milk and seasonings. Melt 1 Tbsp butter in skillet; add eggs and cook slowly over moderately low heat. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is almost cooked but still shiny, loosen edge; roll or fold one half over. Serve on warm plate. Using an omelet pan makes preparation easier.

Omelet variations:

Ham, Sausage or Bacon:

Use 1-2 Tbsp minced cooked ham, bacon, or sausage per serving. Sprinkle the meat over the omelet during cooking.

Spanish Omelet:

Use 1/4 cup diced tomato, 1 tsp green pepper, 1 tsp onion and 1 tsp chopped celery for each serving. Cook slowly until celery is tender.

Vegetable Omelet:

Use fresh or leftover veggies such as tomato, zucchini, mushrooms, potato, celery, onion, spinach, avocado, or salsa in any combination or singly. Also, leftover main dishes such as chili or curry will work well in omelets.

Suggested Seasonings:

Fresh or dried basil, thyme, dill weed, Spike, cumin, oregano, garlic.

PUFFED APPLE PANCAKE

Makes 4-6 Servings

1 cup milk
4 large eggs
2 Tbsp honey
1 tsp vanilla
1/2 tsp salt
1/4 tsp cinnamon
2/3 cup whole wheat pastry flour
4 Tbsp unsalted butter, melted
2 - apples, peeled and sliced (I like to use tart apples)
4 Tbsp brown sugar or Sucanat, optional

Preheat oven to 425°F. Place butter in a 9x13 inch baking dish. Place apple slices in overlapping rows. Bake until apples and butter are bubbling, about 10 minutes. Meanwhile, whirl all remaining ingredients in the blender except brown sugar. Pour liquid batter over bubbly apples in casserole dish. Sprinkle with brown sugar if desired. Bake for 20 minutes. This “pancake” will puff up and make a delicious egg casserole breakfast. Serve with homemade fruit jams and jellies, and breakfast sausage.

EGGS FLORENTINE

1/4 cup onion, chopped
1 Tbsp butter
2 - 10 oz. pkg. of frozen spinach, chopped
1 -8 oz. pkg. of cream cheese, cut in pieces
1/2 tsp salt
Dash cayenne
4 eggs
1/4 cup Parmesan Cheese, grated

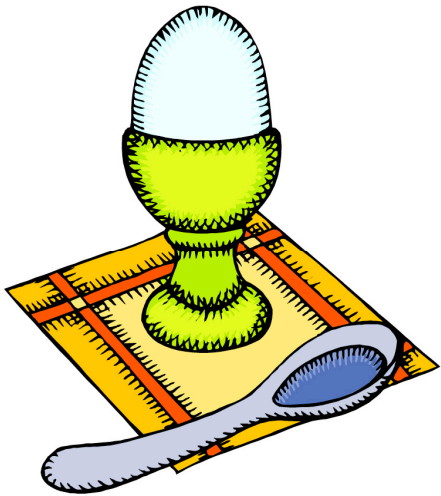
In a large skillet, saute onion in butter until tender but not brown. Add spinach, cream cheese, salt and cayenne and cook over medium/low heat, separating spinach with a fork as it thaws. Stir to blend ingredients. With back of a spoon, make 4 depressions in spinach mixture; break egg into each, being careful not to break the yolk. Cover skillet; cook eggs about four minutes or until done as desired. Sprinkle with Parmesan Cheese. Serve immediately. Makes 4 servings. Serve with favorite Breakfast Bread.

ZESTY BAKED EGGS

Very yummy recipe from my mom

1/3 cup mayonnaise
1/4 tsp salt
1/2 cup milk
1/8 tsp pepper
1/2 tsp paprika
1/2 tsp Worcestershire Sauce
1 cup grated sharp cheese
8 eggs

Combine mayonnaise and seasonings. Gradually and slowly add milk, stirring after each addition until smooth. Add cheese and cook over low heat until cheese is melted, about five minutes. Pour 2 Tbsp of the sauce into each of 4 individual greased custard cups or small sized ramekins (small custard-type dish). Break 2 eggs into each dish. Top with remaining sauce. Place in 9x13 casserole dish and add boiling water (about half full). Bake at 400°F for 15 minutes or until eggs are of desired consistency.



GERMAN PUFF PANCAKE

I like this easy recipe because it is so easy and versatile; perfect for a company breakfast. If you have children age 6-12, this is an easy recipe to let them help you with.

1 cup boiling water
3/4 cup chopped dried apples, apricots, dates, raisins or currants
4 Tbsp butter
6 eggs
1-1/4 cup milk
1/4 tsp salt
2 Tbsp honey
1 tsp vanilla extract
1-1/2 cup whole wheat pastry flour
Powdered sugar or berry jam or jelly, if desired

Preheat oven to 400°F. Pour boiling water over dried fruit to cover. Let stand to soften about 5 minutes. Drain. Meanwhile, melt butter in the microwave in a 9x13 glass baking dish. Allow the butter to evenly cover the entire bottom of the baking dish. In a blender, combine eggs, milk, honey, salt, and vanilla. Blend lightly to mix. Add flour. Mix well in blender. With a wooden spoon stir in drained, chopped dried fruit. Pour the batter into the prepared baking dish. Bake 20 to 25 minutes until puffy and golden brown. If desired, sprinkle with powdered sugar, or serve with strawberry, raspberry, or your favorite jam or jelly. Serve immediately. Makes 4-6 servings.



3

Whole Grain Cereals

Our nation consumes a large amount of commercially produced breakfast cereals. Some of these cereals are considered, and often promoted as, whole grain and therefore healthy alternatives to other breakfast foods. In addition, they represent a quick and easy meal. No fuss, no muss. Why bother with home-cooked cereals?

One of the drawbacks to commercial boxed cereals is the cost. Lately, as of this writing, the price of breakfast cereal has been climbing at a faster rate than other groceries. I've often wondered why a product made from relatively inexpensive grains and sugar can fetch prices of \$4 to \$6 a box. Boxed cereals average 33 to 50 cents per serving, whereas a cup of whole grain cereal, properly cooked, can feed four or more people for about 20 cents.

A much greater issue, however, is the reputation of cold cereals as being a healthy food. Certainly, additives and the often high sugar content of cereals are a cause for concern regarding the perception of them as a healthy choice. For example, if you read labels, you may find claims on a "heart-healthy" cereal box that has a list of additives a mile long.

But it doesn't stop there. In the manufacturing of commercial cereals, the grains are typically subjected to high temperatures and high pressures during their processing that destroys a significant portion of their nutritional value. In addition, whole grains contain phytic acids (phytates) that interfere with nutrient absorption of key minerals such as calcium, magnesium, and phosphorous, and also make the digestive process difficult.

A method of soaking whole grains was the habit of our ancestors that eliminates phytic acids (often called anti-nutrients) and therefore makes the grain more digestible and of higher nutritional content. The nutritional value of whole grains is actually enhanced during the soaking process due to the formation of enzyme activators.

Whole grains properly prepared in the home offer superior nutrition at a fraction of the price. A chart can be found on pg. 21 that describes how to prepare a variety of whole grains. If you make a double, triple or quadruple batch, you can have an almost instant tasty hot breakfast several days per week.



Basic Principles of Cooking Hot Cereals

Although our ancestors knew how to prepare nutritious hot cereals with soaking methods, modern cooks usually do not, having been raised on faster, less nutritious methods.

In this chapter we will introduce the basic methods of cooking hot cereal grains whether they are whole, cracked, or finely milled. Although we recommend the soaking-ahead method, also known as the Two-Stage Process, we leave it up to you to determine which cooking method works best for you and your family. I suggest that you not be legalistic about whether the hot cereal was soaked first, and just do what time and resources allow, taking one new step at a time.

When properly cooked, whole grains will have a very nutty and sweet flavor. It is important that the whole grain cereal be added SLOWLY to rapidly boiling water as it is being stirred in. Then, cover the pot and simmer over low heat. As the grain is SLOWLY added to the boiling water so as to maintain the boiling point, the cooked cereal will not become gummy and will appear translucent when done. The grain granules should retain their individual shape during the cooking.

The cereals can be cooked ahead, refrigerated, and then reheated most successfully if placed in a double boiler and not stirred while being thoroughly re-heated. You may discover, through practice, that you enjoy more or less liquid.

Serve hot cereals with plenty of butter or cream and a natural sweetener like Rapadura, date sugar, maple syrup, maple sugar or raw honey. You may also wish to add fruit, butter, chopped crispy nuts or dried sweetened coconut meat. Butter and cream are healthy fats that are necessary for the absorption of calcium and other nutrients, and for helping to maintain even blood sugar levels. More suggested cereal toppings are listed at the end of this chapter, on pg. 26.

Cooking Hot Whole Grain Cereals

Hot cereals are generally cooked in 2-3 parts water to 1 part cereal. (See cooking chart on pg. 21 for recommended proportions.) Whole grain cereals (i.e. not cracked or milled) will take much longer to cook than cracked or finely milled cereals. Most families will prefer hot cereals prepared with coarsely cracked or finely milled grains for smoother and less chewy texture.

Cooking Guide for Basic Whole Grain (i.e. unmilled) Cereals

1. Bring the liquid to a boil. Use 1/2 tsp salt per cup of grain.
2. Add the grain and boil for five minutes
3. Turn the heat to a very low simmer with a tight fitting lid. Do not lift the lid until the cooking time is completed.

<u>Grain</u>	<u>Amt.</u>	<u>Water, Juice Milk, Broth</u>	<u>Time (min.)</u>	<u>Yield</u>
Barley, flaked	1 cup	3 cups	15	3 cups
Buckwheat, Groats	1 cup	2 cups	20	3 cups
Millet	1 cup	3 cups	30	4 cups
Oat Groats	1 cup	3 cups	40-50	2 1/2 cups
Rolled Oats	1 cup	2-3 cups	15-20	4 cups
Quick Oats	1 cup	2 cups	1	2 cups
Brown Rice	1 cup	2 cups	40-45	2 1/2 cups
Rye Berries	1 cup	3 cups	35	3 cups
Cornmeal	1 cup	3 1/2 cups	30 min	3 cups

Cooking Method for Cracked or Milled Cereal

Use a coffee mill, blender, or hand grain mill to make a finely milled whole grain.

4 cups water

1 cup cracked or finely milled cereal choice such as wheat, rice, rye, millet, oats, 7-Grain

1/2 tsp salt

2 Tbsp butter

1-2 Tbsp ground flaxseed, optional

Whisk the milled grain and the salt into 3 cups cold water. Bring one cup water to a boil in a saucepan. Whisk the cereal/water mixture into the boiling water very gradually or until the mixture returns to a boil. Cover and reduce the heat to low and simmer for 10-30 minutes. Consult the cooking chart above to determine if the grain is likely to take a longer or shorter cooking time. Stir in butter and flaxseed before serving.

CREAM OF WHEAT

- 1 cup cracked wheat berries***
- 2 cups water**
- 1/2 tsp salt**
- 2 Tbsp butter**
- 4 Tbsp honey**

Crack the wheat kernels to an even consistency. Combine the cracked wheat kernels with water and salt in a saucepan. Bring to a boil, then reduce heat to low. Cover and simmer for 15-20 minutes. Stir in butter and honey gently and serve with hot cereal toppings. See pg. 26.

* You can use this method to cook hot rye, seven-grain mix, or other whole grain.

CREAM OF SEVEN-GRAIN PORRIDGE

This recipe is adapted from a famous Bed & Breakfast in Montana.

- 1-1/2 cups Seven-Grain Mix, cracked***
- 3-4 cups apple juice**
- 1/4 - 1/2 cup honey**
- 1/4 tsp nutmeg**
- 3/4 tsp cinnamon**
- 1/2 tsp salt**
- 2 Tbsp butter**

Bring the juice, honey, spices and salt to a boil in a saucepan. Whisk the cracked cereal mixture into the boiling liquid. Reduce heat to simmer and cover for 15 minutes. Stir in butter. Serve with raw milk or yogurt or kefir, chopped nuts such as almonds or pecans, and dried fruits.

To shorten cooking time:

Soak the grain for one hour or overnight.

Another option is to pressure cook for fifteen minutes as cracked grain will cook in about 1/3 the time. Cereals can be cracked in a hand mill, blender, or coffee mill. Grain can also be cooked overnight in a crockpot on low.

* Whole grain Spelt, Kamut™, wheat, or barley can also be cooked by these methods.

APPLE OATMEAL

- 1 cup rolled oats**
- 2 cups cold water**
- 1/2 tsp salt**

Bring water and salt to a boil in a saucepan and slowly stir in the rolled oats. Cover over low heat for 5-10 minutes. Add in:

- 2 cups finely chopped apples**
- dash nutmeg**

Cook 5 minutes longer or until apples are at a desired consistency. Serve with milk or yogurt, honey or brown sugar and a sprinkling of cinnamon.

LOVELY MILLET PUDDING

My friend Mary's teen-aged son requests this recipe often for breakfast and snacks. It also makes a delicious dessert. Millet, a non-gluten grain, contains iron, calcium, and high quality protein,

- 4 cups Milk**
- 1/2 cup maple syrup or honey**
- 1 tsp cinnamon**
- 1 cup Millet**
- 1 tsp vanilla**
- 1 cup currants**

Simmer the above mixture in a double boiler for one to two hours or until all the liquid is absorbed. Stir in 2-4 Tbsp butter. Cook this delicious cereal ahead when you have time, and reheat to serve for breakfast in a double boiler.

BAKED OATMEAL

This recipe makes an oatmeal casserole. One mom said her son loved this recipe so much he referred to it as a “cookie casserole”.

Mix together:

1/2 cup butter, melted (I used olive oil)

2/3 cup brown sugar or Sucanat

2 eggs, beaten

Add:

3 cups rolled oats

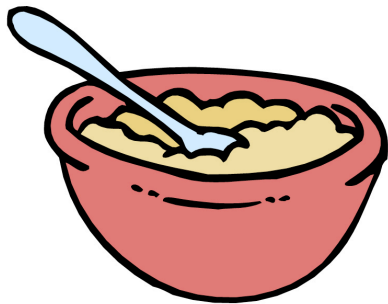
2 tsp baking powder

1 tsp salt

1 cup milk

Mix well. Pour into a greased casserole 9x13 baking dish. Bake for 30 minutes at 350°F. If using a smaller baking pan, increase the baking time to 40 minutes.

Marilyn's Variation: Add 1-2 cups finely chopped apple pieces or pecans.



Soaking Method for Hot Cereals to Maximize Nutritional Value

Soaking cereal grains ahead maximizes nutritional content and reduces the cooking time. The soaking process combines the grain with water and an acid ingredient such as kefir, whey, yogurt, buttermilk, vinegar or lemon juice in a small bowl. This mixture then is allowed to soak for 8-24 hours or overnight.

Use the Cooking Guide on pg 21 for a variety of popular cereal grains.

The following oatmeal recipe incorporates this soaking method.

OATMEAL PORRIDGE USING THE SOAKING METHOD

*Adapted from **Nourishing Traditions** by Sally Fallon.*

This method can be used for other rolled or cracked cereals.

1 cup oats, rolled or cracked

1 cup warm filtered water plus 2 tablespoons whey, yogurt, kefir or buttermilk

1/2 teaspoon salt

1 cup filtered water

1 tablespoon flax seeds, (optional)

For highest benefits and best assimilation, porridge should be soaked overnight or even longer. Once soaked, oatmeal cooks up in less than 5 minutes - truly a fast food. (Note: Those with milk allergies can use lemon juice or vinegar in place of whey, yogurt, kefir or buttermilk.) Mix oats with warm water mixture, cover and leave in a warm place for at least 8 hours, up to 24 hours.

Bring 1 cup of water to a boil with salt. Add soaked oats, reduce heat, cover and simmer several minutes. Meanwhile, grind optional flax seeds in a mini grinder. Remove from heat, stir in optional flax seeds and let stand for a few minutes. Serve with plenty of butter or cream and a natural sweetener like Rapadura, date sugar, maple syrup, maple sugar or raw honey. You may also wish to add apricot butter, chopped crispy nuts or dried, sweetened coconut meat.

The above method can be adapted to any of the preceding whole grain recipes by modifying the amount of liquid and cooking time.

HOT CEREAL TOPPINGS

Nuts

almonds, chopped or sliced
walnuts, chopped
pecans, chopped
cashews, chopped

Seeds

flaxseed, ground
sesame seeds
sunflower seeds (best if soaked overnight)
toasted wheat germ
sprouted wheat (or other sprouted grains/seeds)

Fruits

dried or fresh apple, diced
dried or fresh apricots, diced
dried or fresh banana
raisins
dates, diced
dried or fresh sweet cherries, halved
dried cranberries
dried or fresh peaches, sliced

Spices

cinnamon or nutmeg
vanilla

Sweeteners

maple syrup
honey
Sucanat or Rapadura

Dairy

yogurt, plain or flavored
nut milk
kefir, plain or flavored
butter
whole raw milk

GRANOLA

For best nutrition, Granola is best used as a garnish or condiment on hot cereal. Serve occasionally as a treat.

10 cups Old Fashioned Oats

1 1/4 cup honey

1/2 cup molasses

3/4-1 cup peanut butter

1 Tbsp cinnamon

1 1/2 tsp salt

3 tsp vanilla

3 cups raw chopped nuts, almonds, pecans, or walnuts

2 cups raw sunflower seeds, optional

1 cup sesame seeds, optional

*1-2 cups shredded coconut, optional

* raisins and other dried fruits if desired*

* Dried fruits and coconut should be combined with the toasted granola (cooked granola) after it cools down.

Preheat the oven to 300°F. In a large mixing bowl, combine the oats, seeds, and nuts. Mix well.

In a saucepan, combine the honey, peanut butter, molasses, salt, cinnamon, and vanilla. Heat until all ingredients are combined. Pour the “syrup” over the dry ingredients and mix well, using hands to mix thoroughly.

Spread the mixture onto several 13x9 baking pans or jelly roll pans. Stir occasionally while baking for 30 minutes. Bake longer for a crunchier texture. When the granola has cooled add dried fruits. Store cooled granola in tightly sealed canister or canning jars.



4

Smoothies

A fantastic, quick way to pack maximum nutritional value in a shake to satisfy hunger and meet energy needs throughout the morning. Made in minutes, they can be carried to school or work in a thermos or other drink container. A very convenient food.

BASIC SMOOTHIE RECIPE

- 1 ripe frozen banana, broken in pieces**
- 1 cup coconut milk, or kefir, or plain yogurt**
- 1 cup orange juice**
- 1/2 cup fresh or frozen pineapple, frozen berries, or other fresh or frozen fruit**
- 1-2 egg yolks, optional**
- 1-2 Tbsp honey or maple syrup, optional** - taste first before adding sweetener
- 2-3 cubes ice, optional** - for thicker smoothie

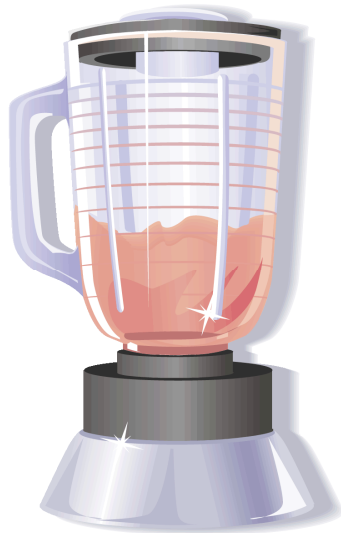
Using chilled ingredients, blend ingredients in a blender until smooth.

Create Your Own Smoothie Recipes

Use ingredients from at least three of the following five ingredient categories.

<u>Liquid</u>	<u>Fruit</u>	<u>Sweetener</u>	<u>Flavorings</u>	<u>Nuts/Seeds</u>
raw milk	apricots	honey	vanilla	almonds
yogurt	peaches	maple syrup	nutmeg	pecans
kefir	nectarines	dates	lemon peel	walnuts
coconut milk	apples	stevia	orange peel	peanut butter
apple juice	blueberries		orange ext.	flax
orange juice	strawberries		ginger	sunflower
pineapple juice	raspberries		cinnamon	sesame
almond milk	blackberries		almond ext.	pumpkin
powdered milk	bananas		pecan ext.	wheat sprouts

Include a previously baked breakfast bread or muffin (from the freezer) on the side for an almost instant breakfast. Avoid soy and rice milks.



RASPBERRY SMOOTHIE

2 cups milk, yogurt or kefir
1 tsp vanilla
1/2 cup Raspberry Juice Concentrate
1 cup frozen raspberries, optional
1 frozen banana, broken into 1" pieces
1 1/2 Tbsp flaxseed oil or coconut oil optional
6-10 ice cubes

Blend until smooth and creamy. Avoid over blending for thickest drink.

Makes 3-4 servings

PEACHY PERFECTION

1/2 cup White Grape Juice Concentrate
1 cup milk, yogurt, or kefir
1-2 cups frozen peaches, cubed
1 frozen banana
1-2 Tbsp sunflower seeds, optional
1 Tbsp coconut oil or flaxseed oil
6-8 ice cubes

Blend until smooth and creamy. Avoid over blending for thickest drink.

Makes 3-4 servings

STRAWBERRY FRAPPE

2/3 cup milk, yogurt or kefir
1 cup apple juice concentrate
1/2 tsp vanilla
6 large or 10 small strawberries
1 frozen banana, broken up into 1" pieces
1-2 chopped dates, optional
6-10 ice cubes
1 1/2 Tbsp flaxseed oil or coconut oil, optional

Blend until smooth and creamy.

Makes 3-4 servings

SUNSHINE SMOOTHIE

1 cup milk or yogurt
1/2 cup orange juice concentrate
1/2 cup orange slices OR 1/2 tsp orange extract
2 frozen bananas, broken up
6-10 ice cubes
2 Tbsp coconut oil

Blend until smooth and creamy.

Makes 3-4 servings

APRICOT CREAM SMOOTHIE

1 cup milk, yogurt, or kefir
1/2 cup orange juice or orange-pineapple concentrate
1/2 cup All Fruit Apricot jam
1 frozen banana
1-2 Tbsp coconut oil
6-10 ice cubes

Blend until smooth and creamy.

Makes 3-4 servings

PEANUT BUTTER SMOOTHIE

1 1/2 cups milk, yogurt, or kefir
1/3 cup apple juice concentrate
2-4 Tbsp peanut butter
1/2 tsp vanilla
1 large frozen banana
2 Tbsp flaxseed or coconut oil
8-12 ice cubes

Blend until smooth and creamy.

Makes 3-4 servings

PUMPKIN PIE SMOOTHIE

1 cup milk, yogurt or kefir
1/2 cup apple juice concentrate
1/2 cup canned pumpkin
1/4 tsp cinnamon
1/2 tsp vanilla
dash of nutmeg
1 frozen banana, broken up
1-2 Tbsp flaxseed or coconut oil
6 ice cubes

Blend until smooth and creamy.

Serves 2

5

Pancakes and Waffles

OUR FAMILY FAVORITE BLENDER BATTER WAFFLES OR PANCAKES

*This recipe will make 4-5 servings of pancakes
or 4 large Belgian waffles.*

1. Preheat waffle iron or pancake griddle to highest temperature.
2. Using the blender on the Bosch or Mix 'N Blend, blend at high speed for 3-5 minutes or until smooth:

1-3/4 cups buttermilk (or fruit juice or Kefir yogurt)

1 egg

2 Tbsp olive oil

1 tsp vanilla extract

2 Tbsp honey

1/2 cup raw brown rice

1/2 cup pastry wheat or Kamut™

1/2 cup rolled oats

This is very important: The secret to getting light and tender waffles is the thinness of the batter. The batter should always swirl in a vortex in the blender. If not, add a little liquid until the hole reappears.

3. Blend in briefly just before baking:

1/2 tsp baking soda

1 tsp salt

2 tsp baking powder

4. Pour thin batter from blender onto seasoned, hot waffle iron or pancake griddle sprayed with olive oil non-stick spray. Bake about 4 minutes for waffles or until the light goes off. Don't Peek! For pancakes, bake on first side until bubbles on unbaked side begin to break; turn once and bake on second side.

Other grains combinations include:

Kamut™, Spelt, brown rice

Seven Grain Mix

Millet, brown rice, Kamut™

* This recipe is easy to incorporate into the 2-stage process

EASY PANCAKE AND WAFFLE MIX

A great gift and a delicious breakfast.

8 cups whole wheat pastry flour, Spelt or Kamut™ flour*
4 tsp salt
7 Tbsp Baking Powder
1/2 cup brown sugar or Sucanat
2 2/3 cups dry milk powder

Combine the dry ingredients in a large mixing bowl and stir well to distribute the ingredients evenly. Store in a zipper-top freezer bag or other freezer canister. Be sure to label contents and include a recipe for making up a batch of pancakes.

For Gifts:

Package the mix in decorative jars or bags. Be sure to include the recipe.

* Do not substitute hard wheat for pastry flour, your pancakes will be heavy and dense. Be sure to "pack" pastry flour into a measuring cup if it is freshly milled to get accurate measurements.

PANCAKES OR WAFFLES

1/3 cup oil
3 cups Pancake Mix (see above recipe)
2 eggs
1 2/3 cups water

Put all the ingredients into a blender or large mixing bowl. Blend or stir until well mixed. Batter should be more thin than thick, adjust liquids if necessary so batter will be pourable.

Heat griddle to medium hot. Make pancake size as desired. When the top of the pancake is bubbly, flip to other side. Serve with syrup, honey, apple butter, fruit syrup, fresh fruit or other topping of choice.



SPICY OATMEAL PANCAKES

2 cups oatmeal
1/2 cup whole wheat pastry flour
2 Tbsp honey
3/4 tsp salt
1 tsp cinnamon
1/4 tsp nutmeg
2 cups warmed milk
1/3 cups butter, melted
2 eggs, slightly beaten
2 tsp baking powder



In a medium bowl, combine oatmeal, flour, honey, salt, spices, warmed milk and melted butter, stirring with a wire whisk to blend. Set aside for 15 minutes or overnight. Beat in eggs one at a time until blended. Stir in baking powder until just blended. Let stand two minutes. Preheat griddle according to manufacturers instructions. Lightly oil griddle. Pour about 1/3 cup batter onto hot griddle to make one pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about 18 three-inch pancakes.

SPICED APPLE PANCAKE OR WAFFLE TOPPING

3 apples, peeled, thinly sliced (an apple peeler works perfectly)
1/2 tsp cinnamon
1/4 tsp cloves
1/4 tsp nutmeg
1/2 cup Sucanat, date sugar, or regular sugar
1/2 cup water or apple juice

In a medium saucepan over medium heat, combine all ingredients until the mixture reduces. This will be about 15 minutes. You can add 1/2 cup brown sugar until it is dissolved, if desired. Ladle the warm topping over waffles and enjoy.

6

Breakfast Breads

PINEAPPLE BRAN MUFFINS

This recipe makes about 24 muffins. Unique, delicious.

1/2 cup oil

1 cup honey

2 eggs

2 cups drained, crushed pineapple (16 oz. can)

1 cup pineapple juice (save from canned pineapple)

1 1/2 tsp salt

2 tsp baking soda

2 Tbsp baking powder

5 cups whole wheat pastry flour

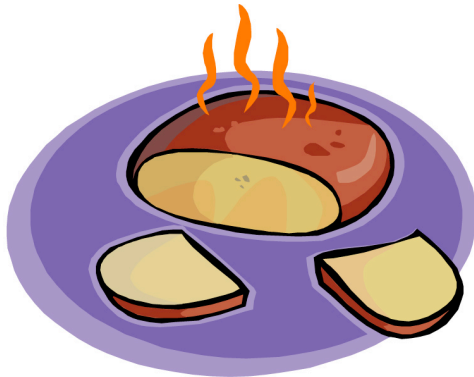
2 cups oat bran

1 cup chopped or ground nuts of sunflower seeds

1 cup currants or raisins

Preheat oven to 375°F. Whisk oil, honey, eggs, crushed pineapple, and juice together until eggs are well combined in a small mixing bowl. In a medium sized mixing bowl, mix salt, soda, powder, flour, oat bran, nuts, and raisins or currants. Make a well in dry ingredients, pour liquid ingredients into dry and mix together gently, being sure not to over mix.

Fill greased muffin tins 1/2 to 2/3 full. Bake at 375°F for 18-20 minutes until the muffins are evenly browned. The muffins will be moist and dense. They freeze very well.



BUTTERMILK DROP BISCUITS

Very delicious and easy

2 cups whole wheat pastry flour
1 Tbsp baking powder
1/4 tsp baking soda
2 tsp sugar
1/2 tsp cream of tartar
1/4 tsp salt
1/2 cup butter
1 1/4 cup buttermilk

Preheat oven to 450°F. In a bowl, stir dry ingredients together. Cut in butter to coarse crumb stage. Add buttermilk. Stir until just blended.

Drop dough into Cast Iron Drop Biscuit Pan or on cookie sheet to make 7 large biscuits. Fill biscuit cups quite full. Bake 15-18 minutes in 450°F oven. Bake at 400°F if using a cookie sheet. Serve warm. Smaller biscuits will bake faster.

Optional: Add 2 Tbsp finely shredded carrots, 1 Tbsp snipped parsley or 1 Tbsp chopped green onion.

SOUR CREAM DROP BISCUITS

2 cups all whole wheat pastry flour
1 Tbsp sugar
1 Tbsp baking powder
1/2 tsp salt
1/4 cup natural shortening
2/3 cup milk
2/3 cup sour cream

Preheat oven to 450°F. Grease cookie sheet. In medium bowl, combine flour, sugar, baking powder and salt. With pastry blender or fork, cut in shortening until mixture is crumbly. In small bowl, combine milk and sour cream; blend well. Add all at once to flour mixture; stir just until dry ingredients are moistened. Drop dough by tablespoonfuls into greased cookie sheet. Bake at 450° for 10-12 minutes or until golden brown. We love these biscuits with sausage gravy for breakfast!

BASIC SCONES

Serve these scones for tea or breakfast

2 cups whole wheat pastry flour
1 Tbsp baking powder
1/3 cup brown sugar or Sucanat
1/2 tsp salt
1/2 cup butter, softened
2 eggs
1/3 cup milk
1 egg white, optional

Preheat oven to 400°F. Mix dry ingredients. Cut in butter with pastry blender, fork, or mixer until crumbly. Beat 2 eggs and milk in a small bowl and then add to dry ingredients and mix just until blended. Form into a ball on floured surface. Roll or pat out to 1/2" thickness. Cut into 2" rounds with biscuit cutter. Another shaping option is to roll out the dough into a circle and cut the scones like a pie to make wedges; makes about eight wedges. Brush the top with egg white. Bake at 400°F for 15 minutes. Serve with lemon curd/ strawberry preserves and whipped cream.

Variations:

Cinnamon Scones - Add 1 tsp cinnamon

Cherry Scones - Add 1/2 cup dried cherries



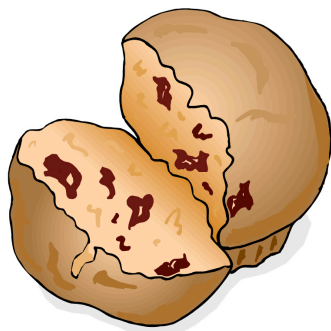
TASTY HEALTHFUL MUFFINS

This recipe is from Sandy Tuin and is quite flexible.

- 3/4 cup oat bran**
- 1/2 cup whole wheat pastry flour**
- 1/2 cup ground flaxseed**
- 1/2 cup wheat bran or wheat germ**
- 1 1/2 tsp baking powder**
- 1/4 tsp salt**
- 1 cup applesauce or 1 orange, peeled and quartered**
- 1/2 cup brown sugar**
- 1/2 cup buttermilk**
- 1/4 cup oil**
- 1 egg**
- 1/2 tsp baking soda**
- 3/4 cup raisins or dried apricots, or one apple, shredded**

Preheat oven to 375°F. Line a 12 cup muffin pan with paper cups or grease the muffin pan thoroughly.

In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder & salt. Set aside. In a blender combine applesauce (or orange), sugar, buttermilk, oil, egg, and baking soda. Blend well. Pour liquid mixture into dry ingredients. Mix until well blended. Add dry fruit and or shredded apple. Spoon into muffin pans and bake 12-15 minutes.



CHOCOLATE ZUCCHINI BREAD

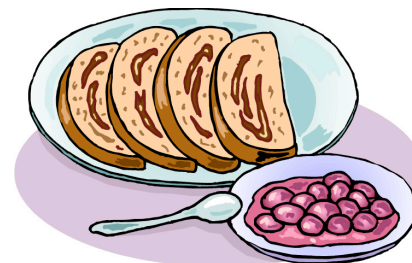
We have enjoyed this simple, bread-like cake, a lot.

The original recipe comes from Penzey's, a spice company.

- 3 eggs**
- 2 cups sugar**
- 1 cup oil**
- 1 tsp vanilla**
- 2 Tbsp butter**
- 6 Tbsp cocoa powder**
- 2 cups grated zucchini**
- 2 cups whole wheat pastry flour**
- 1 tsp baking soda**
- 1 tsp salt**
- 1 1/2 tsp cinnamon**
- 2/3 cup chocolate chips**

Preheat oven to 350°F. In mixing bowl combine eggs, sugar, oil, vanilla. In saucepan, melt butter and add cocoa powder. Set aside to cool.

Grate zucchini and mix with cocoa powder/butter mixture. When cooled combine with egg mixture. Add flour, baking soda, salt, cinnamon. Mix only enough to blend. Coat chocolate chips in some flour to keep them from sinking. Add to batter. Pour into 2 greased 8" loaf pans. Bake at 350°F for 60-70 minutes. Eat!



CINNAMON TOAST CAKE

The original version of this recipe was made with white flour and white sugar. I have adjusted it to be a healthier version. Very easy to make, especially if you start the night before.

Place in a blender container or mixer bowl:

2 cups Kamut™ or whole wheat pastry flour

1/3 cup water

3/4 cup honey (warm if necessary so it will pour)

2 eggs

1 tsp vanilla

1/4 cup melted butter or coconut oil

Blend until smooth, about 3-5 minutes. If you allow this mixture to sit or soak overnight in the blender, omit the eggs. In the morning add the eggs and then blend in:

2 tsp baking powder

1/2 tsp salt

Pour the batter into a buttered 9x13 inch pan. Bake at 350°F for 20-25 minutes, or until a toothpick inserted in the center comes out clean.

While the cake is baking, mix together:

1/4 cup Sucanat or brown sugar

1 tsp cinnamon

Melt 2 Tbsp butter separately.

When the cake is hot out of the oven, poke it all over with a toothpick. Spoon the butter evenly over the top and sprinkle with the Sucanat/cinnamon mixture on top. Cut into squares and serve with eggs, omelets, breakfast sausage, etc.

FRENCH BREAKFAST MUFFINS

The cinnamon sugar topping makes these muffins quite elegant, suitable for luncheons, dinners or company breakfasts.

1 1/2 cups whole wheat pastry flour

2 tsp baking powder

1/2 tsp salt

1/4 tsp nutmeg

1/3 cup honey

1/3 cup oil or melted butter

1 egg

1/2 cup milk

Topping:

1/2 cup sugar or fructose

1 tsp cinnamon

6 Tbsp butter, melted

Grease 12 muffin cups, set aside. Preheat the oven to 350°F. Stir together flour, baking powder, salt, and nutmeg; set aside. In a mixer bowl, cream together honey, oil, egg, and milk. Gradually add the dry ingredients to the wet ingredients, being careful to not over-mix. Fill the prepared muffin cups 2/3 full. Bake in 350°F oven for 20 to 25 minutes or until golden brown. Immediately after removing the muffins, dip the hot muffin in melted butter, then into the cinnamon/sugar mixture until coated. Serve warm. Makes 12 muffins.



MARILYN'S PECAN STICKY CINNAMON BUNS

If you would like to have hot-out-of-the-oven rolls without getting up at 4:00 AM, prepare the rolls a day ahead. Place the shaped rolls on the maple glaze and raise them overnight in the refrigerator (instead of a warm place), keeping them carefully covered with plastic wrap. In the morning, the dough should have doubled and be ready to bake. Voila! Fresh bread in minutes and you didn't even get up at 4:00 AM to do it! This recipe is extra delicious and healthy as it contains maple syrup and honey for sweetening instead of sugar. A fabulous gift to a new mom or new neighbors, or just for being friends.

2 cups warm water (120°F)
2 Tbsp SAF Yeast
1/2 cup dry milk powder
1/2 cup oil or butter
1/3 cup honey
3 large eggs
1 Tbsp salt
6-8 cups hard whole wheat flour
1/4 cup vital gluten

Caramel Topping

1/2 cup butter
1-1/2 cup maple syrup
1-1/2 cup chopped or whole pecans

Cinnamon Roll Mixture

1 cup Sucanat or brown sugar
1 Tbsp + 1 tsp cinnamon
1/4 cup butter, melted

Combine yeast, dry milk powder, vital gluten, and flour in a large mixer bowl with dough hook. Add water, oil, and honey. Mix well for 1-2 minutes.

Turn off mixer, cover the bowl and let dough sponge for 10-15 minutes. Add eggs and salt. Turn on the mixer; add additional flour, one cup at a time, until the dough begins to clean the sides of the bowl. Knead for only 5 minutes and keep the dough very soft and manageable. Stiff dough

will produce heavy, dry rolls. If the dough becomes stiff while kneading, drizzle additional water as you knead.

To Prepare Sticky Buns

Melt butter and syrup and add the pecans. Divide this mixture evenly into the bottom of two 9"x13" baking pans. Divide the bread dough into two equal portions. Roll into a 20"x28" inch rectangle. Spread 2 tablespoons of melted butter over the rectangle of dough. Sprinkle with half the Sucanat/cinnamon mixture. (Sucanat is a granular unrefined sugar derived from cane juice that is found in health food stores, often used as a healthier alternative to refined white sugar.) Roll up into a jelly roll, seal the seam, and cut into 1 1/2 inch thick pieces with dental floss. This will yield 12-15 rolls. Place the rolls into the prepared pans. Repeat this process with the remaining dough. Let the rolls rise in a warm area until doubled (approximately 30-60 minutes). Bake at 350°F for 30-35 minutes or till well-browned. Remove from the oven and let stand in the pan for 5 minutes. Turn out of the pan to cool onto a rack placed over a jelly roll pan to catch the drippings and simplify cleanup. ENJOY!



CINNAMON BLUEBERRY MUFFINS

1 cup vanilla yogurt or milk
1 egg, beaten
1/3 cup melted butter or oil
2 cups whole wheat pastry flour
1/2 tsp salt
1/2 tsp cinnamon, opt
1 Tbsp baking powder
1/2 cup white sugar
1/2-1 cup fresh blueberries

Preheat oven to 400°F. Grease well a 12-cup muffin tin or use paper liners.

In a small bowl, stir together yogurt or milk, egg, and oil/butter. In a larger mixing bowl stir together flour, baking powder, salt, and sugar. Pour liquid into a “well” in center of the dry ingredients, gently mix the batter just until moistened with only a few strokes. Carefully fold in the blueberries. The batter will appear lumpy. Overmixed muffins will be tough and have a peak on top. Spoon batter into muffin cups.

Bake for 20 minutes at 400° F. Muffins are done when crust is golden brown. Allow to stand for a few minutes before serving. Serve hot.

BREAKFAST BREAD

This yeast bread is a variation of Marilyn's Famous Whole Wheat Bread

1/3 cup honey
1/3 cup oil
2 1/2 cups warm water
1 1/2 Tbsp SAF Instant Yeast
2 1/2 tsp salt
6-7 cups fresh hard whole wheat flour
1 1/2 Tbsp Dough Enhancer, optional
3 Tbsp Vital gluten, optional
1/3 cup sunflower seeds, soaked in water for 2-4 hours
1 Tbsp cinnamon
1/3 cup currants or raisins

Combine warm water, yeast, and 2 cups fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. Add the honey, oil, dough enhancer, vital gluten, salt, cinnamon and 4-5 Cups additional flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff (too dry). Dough should be smooth, soft and elastic. It is a common mistake for beginning bakers to add too much flour.

Knead the bread dough by hand for 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. Add the sunflower seeds and currants or raisins during the last minute of kneading. (This keeps the raisins and seeds from breaking up.)

Form the dough into two loaves. Best results are in 8x4-inch greased bread pans. The loaf pans should be about 1/2 to 2/3 full.

Allow the dough to rise in a warm place until doubled in size about 30-60 minutes.

Bake the loaves for 25-30 minutes in a 350°F oven. Bread is cooked through when it sounds hollow when tapped on the bottom, and when the top and sides are a golden brown color.

SOUR CREAM BLUEBERRY MUFFINS

Preheat oven to 375°F. Grease or spray muffin pan thoroughly.

- 2 eggs**
- 2/3 cup honey**
- 1 cup sour cream**
- 2 cups whole wheat pastry flour**
- 1 1/2 tsp baking powder**
- 1 tsp salt**
- 1/2 tsp baking soda**
- 1 cup blueberries, fresh, or frozen**

Blend eggs, honey, sour cream thoroughly with wire whisk in large mixing bowl. Blend flour, baking powder, salt and baking soda together in a separate bowl. Combine dry ingredients into liquid ingredients just until mixed. Fold in blueberries. Fill muffin cups 3/4 full. Bake at 375°F for 20 -25 minutes. Cool five minutes before removing muffins from pan. Makes 12-15 muffins.

APPLESAUCE MUFFINS

- 1 egg, beaten**
- 1/4 cup oil**
- 1 cup applesauce**
- 1/2 cup honey**
- 1-3/4 cup whole wheat pastry flour**
- 1/2 tsp soda**
- 3/4 tsp cinnamon**
- 1/2 tsp sea salt**
- 1-1/2 tsp baking powder**
- 1/4 tsp nutmeg**
- 1/4 cup chopped pecans or walnuts (optional)**
- 1/2 cup raisins (optional)**

Preheat oven to 375°F. Mix egg, oil, honey and applesauce in a small bowl and set aside. Assemble the dry ingredients in a medium sized mixing bowl and stir to evenly distribute spices and leavening into the flour.

Combine liquid ingredients into dry ingredients with a wire whisk gently. Carefully fold in nuts and raisins if desired and avoid over-mixing the ingredients. Fill oiled or lined muffin tins 2/3 full. Bake at 375°F for 15-20 minutes or until muffins are lightly browned and a toothpick inserted into the center of the muffin comes out clean. Makes 12 muffins.

BLENDER BANANA BREAD

Preheat oven to 350°F.

Place all ingredients in blender and blend, starting at lower speed and increasing to highest speed for 1-3 minutes (keep batter churning) or until well mixed:

3/4 cup buttermilk, kefir, yogurt or water
4 Tbsp melted butter
1/2 cup honey (warmed slightly to pour)
1 1/2 very ripe bananas, broken pieces (for 2/3 cup mashed)
1 tsp cinnamon
1/4 tsp nutmeg
2 cups whole wheat pastry flour
1 egg

Stop the blender. Grease or spray muffin pans. Add the leavening and salt to the batter and re-blend on highest speed for 1 minute:

1 1/2 tsp baking powder (Rumford's is aluminum free)
1/2 tsp baking soda
1/2 tsp salt

Fold in 1/2 -3/4 cup chopped walnuts, if desired. Pour the batter into a greased 9x5- inch or 8x4-inch bread pan. Bake 30-40 minutes at 350°F or until a toothpick inserted into the center of the loaf comes out clean. Cool bread in loaf pan for 10 minutes and then carefully remove the loaf from the bread pan and cool on a wire rack.

CREAM CHEESE COFFEE CAKE

For special occasions and company

Topping:

1/4 cup butter
1/2 cup whole wheat pastry flour
1/2 cup brown sugar
1/2 cup pecans, chopped

Combine in a small bowl until crumbly

Coffee Cake:

2 cups whole wheat pastry flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 cup butter, softened
1 – 8 oz pkg cream cheese, softened
1 1/4 cup sugar
2 eggs
1 tsp vanilla
1 cup milk

Preheat oven to 350°F. Stir together flour, salt, soda, and baking powder in a small bowl. Cream butter and cream cheese together and then add the sugar in a large mixing bowl. Stir in eggs one at a time. Add vanilla. While stirring, add half the milk and then half the flour alternately until all is incorporated. Pour into a 9x13 inch greased baking pan. Sprinkle the topping over the coffee cake. Bake at 350°F for 30-40 minutes.

Company Casseroles

BLUEBERRY CREAM CHEESE STUFFED BAKED FRENCH TOAST

A make-ahead showstopper. If you don't have all the ingredients, improvise, it will be yummy. Serves 8.

1 loaf French bread (or use Marilyn's French Bread Recipe in *A Beginner's Guide to Baking Bread* ebook)

1 1/4 cup sugar (divided use - see directions below)

2 Tbsp cornstarch

6 cups fresh blueberries

8 oz. cream cheese, softened

1/2 cup sour cream

2 Tbsp orange marmalade, or jam of choice

1 tsp vanilla

7 eggs

1 1/2 cups milk

1 1/2 cups half and half

2 Tbsp apple or orange juice

1/2 tsp cinnamon

1/2 tsp ground nutmeg

1/2 cup powdered sugar

Cut half of the French bread into 1 inch cubes and place in the bottom of a greased 9x13 pan. Combine 1/2 cup sugar and cornstarch until smooth and toss with blueberries. Sprinkle blueberries evenly over bread. Stir cream cheese and add 1/2 cup of sugar, sour cream, marmalade and vanilla. Spread this mixture very gently over blueberries.

Cut remaining French bread into 10 - 1-inch thick slices, arrange over cream cheese.

Beat eggs, milk, half and half, juice, remaining 1/4 cup sugar, cinnamon, and nutmeg and pour over bread. Cover and refrigerate overnight. Preheat oven to 350°F. Bake for 45 minutes covered, then uncover for approximately 15 minutes to allow top to puff slightly and set. Allow to cool slightly. Sift powdered sugar over before serving.



CHEESY POTATO PIE

*Make the night before and bake in the morning to serve to guests.
Makes two pies (6 servings per pie)*

6 eggs
1/2 cup milk
1/3 cup butter, melted
1/2 cup whole wheat pastry flour
1/2 tsp salt
1 cup small curd cottage cheese
4 cups shredded Colby-Jack Cheese
12 oz. frozen shredded hash browns
1 1/2 tsp baking powder
dash ground red pepper

Preheat oven to 350°F. In a large bowl, beat eggs, milk and butter. Stir in flour, baking powder, pepper and salt. Add cheeses and slightly more than half of potatoes; mix well. Spray 2- 9-inch glass pie plates with non-stick cooking spray. Spread mixture evenly in bottom of pie plates. Top with remaining potatoes. Bake 35 minutes or until golden brown. Serve with salsa if desired, and breakfast bread or muffins.

BISCUITS AND GRAVY

Men especially love biscuits and gravy and it is quite easy!

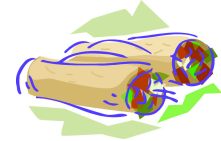
Gravy:
4 cups milk
1/4 cup butter
1/3 cup whole wheat pastry flour
1 tsp salt
1/2 tsp pepper
1/2-1 lb. crumbled sausage, cooked

Melt butter in large saucepan, stir in flour until bubbly. Gradually pour milk into flour paste, whisking vigorously over medium heat to make the gravy. Gradually bring to a boil, add seasonings and sausage. Serve over toast or biscuits. Make the gravy the night before to save time.

BREAKFAST BURRITOS

I make this in bulk and freeze the filling in meal sized portions. I have also prepared these early in the morning, wrapped in foil, and taken in the car for a meal on the run.

1 medium potato, cooked (leftover baked potato works easily)
1 pound bulk breakfast sausage
1 small onion, chopped
1 tsp chili powder
dash cayenne
2-4 eggs, beaten
6 whole wheat tortilla's*
1 cup Monterey Jack or Cheddar Cheese, shredded



Optional Garnishes:

Salsa

Sour Cream

Chopped cilantro

Cube the potato when cool enough. Brown sausage in large frypan with chopped onion. When meat is browned and onion wilted, add chili powder and cayenne. Cook 10 minutes over low heat, covered, stirring often to soften the onion. Drain the fat. Add potato. Add beaten eggs, Stir until eggs are set. Spoon 1/3 cup portions or so into a warm tortilla, top with 1 1/2 Tbsp shredded cheese, a teaspoon of salsa and sour cream if desired and roll-up. Serve with fruit or juice.

* Make your own whole wheat tortillas with an electric flatbread maker.

BAKED FRENCH TOAST

1 loaf French Bread - slice 1 1/2-2 inches thick (or use Marilyn's French Bread Recipe in *A Beginner's Guide to Baking Bread* ebook)
Place bread slices in a 9x13 buttered pan close together.

6 large eggs
1 1/2 cups milk
1 cup milk, half/half or cream
1 tsp vanilla
1/2 tsp cinnamon
1/4 tsp nutmeg

Mix together and pour over bread. Cover with foil and put in refrigerator overnight.

Topping:

1/4 cup soft butter
1/2 cup brown sugar
1/2 cup chopped nuts - optional
1 Tbsp light corn syrup

Preheat oven to 350°F. Combine topping ingredients and sprinkle over entire casserole dish. Bake for 40 minutes at 350 degrees or until puffed and golden. Serve with maple syrup and butter.



HASHBROWN QUICHE

This basic recipe can be adjusted to whatever you have to make a tasty one-dish breakfast. Another winning recipe from Sandy Tuin.

3 cups frozen shredded hashbrowns, thawed (or use fresh grated potatoes)
1/3 cup butter
1 cup diced turkey ham or crumbled turkey sausage
1 cup cheddar cheese, shredded
1/4 cup diced green pepper, optional
2 eggs
1/2 cup milk
1/2 tsp salt
1/4 tsp pepper
1/2 small can of green chilies, optional

Press hashbrowns between paper towel to remove excess moisture. Press onto the bottom and up the sides of an ungreased 9" pie plate to make a "crust". Drizzle the potatoes with butter. Bake uncovered at 425°F for 25 minutes. Combine the turkey ham or sausage, cheese, green pepper and chilies; spoon onto cooked crust. In a small bowl, beat eggs, milk, salt and pepper. Pour over all. Reduce heat to 350°F and bake uncovered for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

Shortcut: Eliminate pre-baking the hashbrown crust. Combine everything together and bake at 375°F for 40-45 minutes.

Do-ahead tip: Bake the crust and prepare the egg mixture the night before. Store separately. In the morning assemble the Quiche and bake.

WESTERN FRITTATAS

Frittatas are like an egg casserole that can be used as a main dish or a complete breakfast for special occasions. They are traditionally made in a cast iron skillet.

A great way to combine leftovers, eggs and cheese.

1-2 Tbsp olive oil

*** 2 baked potatoes, peeled and sliced thinly**

1 cup thinly sliced green pepper

1- 2 cups thinly sliced onion

8 large eggs

1 cup Monterey Jack cheese, shredded

2 tsp chili powder

1 tsp ground cumin

1/2 tsp salt

Heat olive oil in large non stick or cast iron skillet and saute the onions and peppers three to four minutes or until wilted and softened. Add potatoes and saute until heated through 2-3 minutes. Turn on broiler. Whisk up eggs, cheese, and seasonings in a medium bowl, reserving 1/4 cup cheese for a garnish. Pour the egg mixture into the skillet, shaking the pan gently to distribute the egg mixture evenly. Reduce the heat to medium, cover the skillet and cook without stirring until the egg mixture is set on bottom, sides. The center will still be somewhat runny. Garnish additional shredded cheese over the top, and broil the Frittata four to six inches from the heat source for about 2 minutes or until the center is firm. Watch the broiling process carefully to avoid overcooking and burning the top. Serves 4-6.

* Potatoes can be cooked quickly in a Duromatic pressure cooker.

VIRGINIA-STYLE FRITTATAS

1-2 Tbsp olive oil

*** 2 baked sweet potatoes, peeled and cubed**

1 1/2 cups kale or spinach, steamed (or a 10-oz. box of frozen spinach, thawed and drained)

1 cup diced ham or sausage

8 large eggs

4 oz. smoky mozzarella cheese, shredded (1 cup shredded)

1 Tbsp Dijon mustard

1/2 tsp salt

Saute the sweet potatoes in the olive oil until heated through in an oven-proof skillet. Add the spinach or kale and ham or sausage until heated through - 2-3 minutes. Turn on broiler. Whisk up eggs, cheese, and seasonings in a medium bowl, reserving 1/4 cup cheese for a garnish. Pour the egg mixture into the skillet, shaking the pan gently to distribute the egg mixture evenly. Reduce the heat to medium, cover the skillet and cook without stirring until the egg mixture is set on bottom and sides. The center will still be somewhat runny. Garnish additional shredded cheese over the top, and broil the Frittata four to six inches from the heat source for about 2 minutes or until the center is firm. Watch the broiling process carefully to avoid overcooking and burning the top. Serves 4-6.

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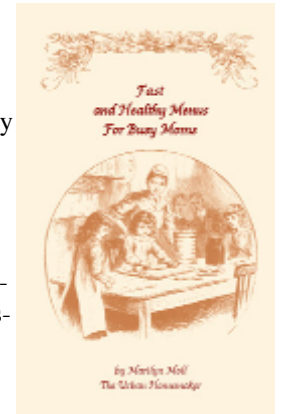
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- * Recommended Resources

A BEGINNER'S GUIDE TO BAKING BREAD



by Marilyn Moll
The Urban Homemaker

A Beginner's Guide To Baking Bread

Our own bread baking e-book by Marilyn. If you're new to bread baking, this is a no-nonsense, easy to use book that cuts through all the mystery of bread baking. Easy to use, plain and simple.

Includes:

- * Step-by-Step Mixing Instructions
- * How to Develop the Gluten
- * Lots of Bread and Roll Recipes
- * Tips for the Best Bread
- * Troubleshooting Guide
- * The Two-Stage Process
- * Selecting Ingredients
- * Selecting a Grain Mill
- * Selecting A Mixer

Holiday Open House

Open Your Heart And Open Your Home
by Marilyn Moll

This popular e-book is about hosting holiday get-togethers, which includes planning guidelines, lots of recipes for appetizers and dips and sweets, decorating ideas and more. Some of the information in this ebook includes:

Includes:

- * How to Plan your Occasion, step by step, after the date is set
- * How to Decorate Creatively on a Dime
- * Planning the menu for your event
- * Appetizer Recipes, both hot and cold
- * Dip Recipes
- * Serving Suggestions
- * Sweets and Treats
- * Marilyn's Christmas Cookie Recipe Assortment
- * Beverage suggestions and recipes
- * Encouragement

Sensational Summer Salads

by Marilyn Moll



Summer is simply an unsurpassed opportunity to eat seasonally and enjoy the bounty of locally produced fruits and vegetables. Sensational Summer Salads includes a wide assortment of recipes including:

- * Vegetable salads
- * Fruit salads
- * Pasta salads
- * Grain salads
- * Main dish salads

...so you can easily prepare a complete meal with little or no cooking during the long, hot, dog days of summer.

Here is what others are saying:

"Marilyn Moll has done it again with Sensational Summer Salads. Not only does she include dozens of salad recipes, she equips and inspires the reader to get creative in the kitchen! You have produced a very useful and yummy book!"



Dear Marilyn,

"I love this compilation! Such variety all in one place! Many of these recipes are perfect for year round either as accompaniments or as a meal, themselves, with the added bonus of quick bread recipes."

Dear Marilyn:

"Wonderful bunch of recipes! We have really enjoyed trying them out. I like the fact that you included homemade dressing recipes - so much healthier! I also appreciated the advice to use what you have." Audrey

About the Author

As a young girl, I vividly and fondly remember walking into my grandmother's Depression-era kitchen greeted by the tantalizing and unforgettable smells of spicy ginger snap cookies, homemade applesauce, and assorted other kitchen creations. I remember, too, waking up to the fragrant smell of homemade blueberry muffins baking in the oven to be served hot for breakfast on colorful Fiestaware plates.

I have been a passionate lover of anything old-fashioned or vintage ever since, and I seek to pass on to others the timeless skills of cooking for family.

I quit a full-time job in 1985 to stay home with my twelve month old daughter. I then learned to mill my own flour, bake my own bread, and began teaching bread baking classes. In 1991, together with my husband, we started **The Urban Homemaker** to teach the old-fashioned skills of baking and cooking with basic whole food ingredients, and offer practical, quality tools and equipment in the spirit of Titus Two. **The Urban Homemaker** offers top-of-the-line products and related books that we use and recommend.

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