

# Fresh Peach Crisp

A sweet and juicy peach dessert with a crispy oatmeal topping!

Yield:

16 servings Ingredients:

12 cups ripe thinly-sliced peeled peaches

6 tablespoons all-purpose flour

1 teaspoon ground cinnamon

6 tablespoons (packed) brown sugar

Crumb topping ingredients:

2/3 cup flour

1 1/3 cup (packed) brown sugar

2 teaspoons ground cinnamon

1 1/2 cups quick oats

2/3 cup softened butter Instructions:

1. Grease a 9×13-inch baking dish.
2. In a large bowl, mix 6 tablespoons flour, 1 teaspoon cinnamon, and 6 tablespoons brown sugar. Add sliced peaches and toss to coat. Spread peaches in prepared pan.
3. In another bowl, combine crumb topping ingredients and stir/cut together with a fork until crumbly. Sprinkle over the peaches.
4. Bake peach crisp in a pre-heated 375 degree oven for about 35-45 minutes or until peaches test done with a fork. Enjoy hot or cold or with ice cream! ☐



Fresh Peach Crisp

This recipe is from Tammy's Recipes.

---

## Gyro Meat

### Ingredients:

- 1 lb of ground beef
- 1 lb of ground lamb
- 2 cloves of garlic
- 1 large onion
- 1 tablespoon of marjoram
- 1 tablespoon of oregano
- 1 tablespoon of cumin
- 1 tablespoon of thyme
- $\frac{1}{2}$  tablespoon of black pepper

2 teaspoons of kosher salt

### Steps:

1. The first thing you are going to want to do is to grind the beef and lamb together into a fine mixture. The meat is often put into a blender or food processor to turn the meat into a paste-like mixture. This will help the two meats mix together, let you integrate the gyro seasoning into the mix, and give you the ability to form the meat into the thin slices that gyros are known for.
2. Mix all of the ingredients into the meat. To make authentic homemade gyro meat, you have to get the flavor right. Hopefully you have a fine paste of beef and lamb mixture that is easy to mix with the spices. If you used a food processor or blender, you can add the onion and garlic cloves into the mixture and use the processor to mix everything together. If not, you will want to chop and mash the onions and garlic so they will be easy to mix in without any noticeable chunks.
3. Let the meat and gyro seasoning chill in the fridge for at least an hour in the bowl.
4. Cooking the meat will remind you of cooking meatloaf, but this gyro meat recipe will be miles above the meatloaf you remember from dinner at grandma's. You will want to get a loaf baking dish to spread the gyro meat out in. A 7x4 dish is the standard, but anything that fits your meat in a rectangular pattern will work.
5. You will want to bake the meat at 325 degrees fahrenheit for about an hour to an hour and fifteen minutes. Make sure the meat has reached 165 degrees on the inside.
6. Remove the loaf and wrap it in tin foil and place it on a cooling rack. Place a pan on top of the loaf, or anything to weigh it down. This will help the meat become denser and get the desired gyro meat consistency.

Learning how to make gyro meat isn't the only piece of the puzzle in your search for an authentic Greek meal. There are a

few other steps to completing and amplifying the dish.

- Puree the onion, garlic and herb mix before adding it to your gyro meat. This will help even out the gyro seasoning distribution.
- Serve your gyros in a piece of pita that has been lightly grilled, and add sliced tomatoes, minced onions and lettuce. Some people will also add ketchup or mustard to their wrap. Include a side of french fries and your meal is complete.
- A more traditional method of cooking includes grilling the meat on a rotisserie skewer. This is a more difficult option, but will cook the meat more evenly and add a good texture to it. You will want to leave the mixture in the refrigerator overnight so you are able to form it in rolls easier. Then you will grill the meat on medium-high until the internal temperature reaches 165.
- Use your gyro meat to make gyro nachos. Instead of a pita wrap, combine your ingredients, including the tzatziki sauce, on top of a plate of chips. It is a great way to make a snack for game night or just a good, crunchy alternative to classic gyros.

---

## Creamy Vanilla Pudding

Simply the tastiest healthy homemade vanilla pudding you'll ever meet! Yield:

about 7 cups of pudding (12-14 small servings) Ingredients:

1 cup sugar (or vanilla sugar\*)

6 tablespoons corn starch

dash of salt

6 cups whole milk

6 (large) egg yolks OR 3 whole (large) eggs\*\*

4-6 tablespoons butter\*\*\*

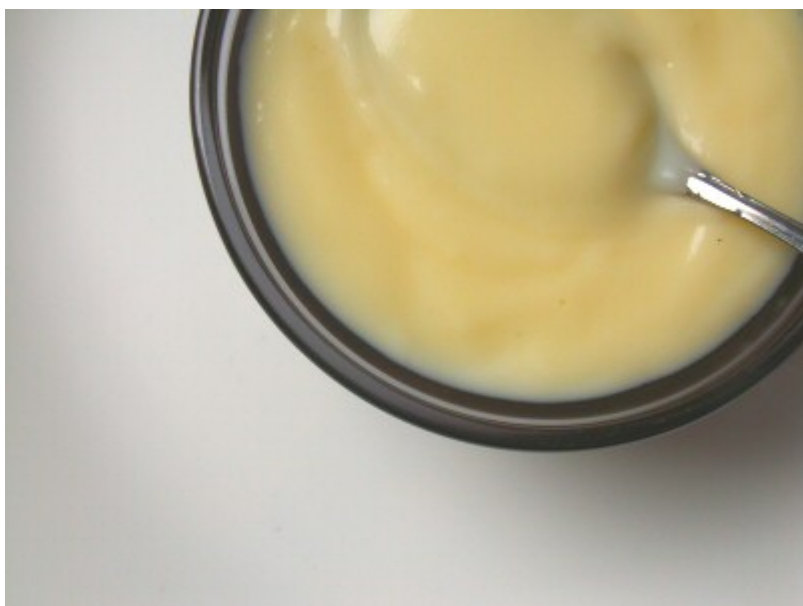
1-2 tablespoons vanilla extract Instructions:

1. In a large heavy stock pot, whisk together the sugar, cornstarch and salt to combine and remove lumps.

2. In a separate bowl, whisk eggs briskly. Add milk and whisk. Pour milk mixture into sugar mixture and whisk.

3. Heat milk mixture over medium heat, stirring frequently to avoid lumps or sticking, until milk boils. Allow to boil/bubble for 1 minute and then turn off heat.

4. Stir in butter and vanilla extract, stirring until butter melts. Serve hot if you desire, or allow to cool and refrigerate before serving.



Creamy Vanilla Pudding

This recipe is from Tammy's Recipes.

---

# Quinoa Pudding

A flavorful vanilla quinoa pudding, reminiscent of tapioca pudding with a nutty twist! Yield:

4-5 cups of pudding Ingredients:

1/2 cup quinoa, rinsed well and drained\*

1 cup water

1/2 cup sugar

1/8 teaspoon salt

1 tablespoon corn starch\*\*

1 egg

3 cups milk

2 tablespoons butter

1 teaspoon vanilla extract Instructions:

1. Place quinoa and water in a small sauce pan with a tight-fitting lid. Bring to a boil, covered, over medium heat. Stir, cover, and reduce heat to low. Cook for 15-20 minutes, or until quinoa is clear rather than white in the middle, and little "tails" appear.

2. In a large sauce pan, whisk together the sugar, salt and corn starch. Add the egg and whisk well. Whisk in the milk. Add the cooked quinoa.

3. Heat milk mixture over medium-medium-high heat, stirring constantly, until boiling. Let bubble for 30 seconds and then remove from heat.

4. stir in butter and vanilla extract. Allow pudding to cool, uncovered, for about 30 minutes. Stir and serve warm! Leftovers can be refrigerated and served cold.



## Quinoa Pudding

This recipe is from Tammy's Recipes.

---

# Old-Fashioned Carrot Cake with Cream Cheese Icing

A flavorful moist carrot cake with sweet cream cheese frosting  
Yield:

18 servings Ingredients:

Cake Ingredients:

2 cups sugar  
1 1/4 cup vegetable oil  
4 eggs  
1 tablespoon vanilla extract  
2 tablespoons lemon juice  
2 cups all-purpose flour  
1/2 teaspoon salt  
1 tablespoon ground cinnamon

1 teaspoon baking soda  
2 teaspoons baking powder  
3 cups finely grated carrots\*  
1/4 cup well-drained crushed pineapple  
1/2 cup chopped walnuts, optional

#### Icing Ingredients:

8 ounces cream cheese  
1/2 cup (1 stick) butter, softened  
2 teaspoons vanilla extract  
1 teaspoon lemon juice  
3-4 cups powdered sugar

Ground cinnamon and ground walnuts, for dusting (optional)

#### Instructions:

1. In a large mixing bowl, blend sugar and oil. Add eggs, vanilla, and lemon juice and mix.
2. In a medium bowl, whisk together the flour, salt, cinnamon, soda, and baking powder. Fold into the batter in the large bowl.
3. Stir in carrots, pineapple, and walnuts to make a thick batter.
4. Pour into a greased 9×13-inch baking pan. Bake at 350 degrees for 55-60 minutes, until cake tests done. Cool in pan on a wire rack, covered with a thin clean towel.
5. To make icing, mix ingredients in order listed, using an electric mixer. Spread over cake and dust with cinnamon and walnuts if desired. Enjoy!





This recipe is from Tammy's Recipes.

---

## Fluffy Kefir Pancakes

The most delicious, fluffy pancakes you will ever eat, made with kefir! Yield:

10-12 pancakes Ingredients:

2 cups all-purpose flour  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
2 cups kefir\*  
1/2 cup milk or buttermilk  
1 teaspoon vanilla extract  
2 eggs, lightly beaten

Fresh fruit, butter, or syrup, for serving Instructions:

1. In a large bowl, whisk together the flour, baking soda, and salt.
2. In a separate bowl, combine kefir, milk, vanilla extract,

and eggs. Add to dry mixture and mix just until moistened. Batter will be lumpy!

3. Pre-heat griddle or skillet over medium heat (or just below). Lightly grease griddle or skillet, and spoon batter on.

4. When many bubbles have risen to the top of the pancake (about 3-4 minutes), flip over and continue cooking until done (about 1-2 minutes).

5. Serve immediately, or keep pancakes warm on a plate in the oven until all have been cooked. Serve with butter, fresh fruit, or syrup. Enjoy!



Fluffy Kefir Pancakes

---

## Whole Wheat Berry Pancakes

A perfectly delicious pancake made with fresh wheat berries (whole grain wheat)! Yield:

enough pancakes for 2 very hungry people Ingredients:

1 cup milk

3/4 cup whole wheat berries (uncooked)\*

2 teaspoons baking powder

2 tablespoons brown sugar

2 eggs

dash of salt

Fresh fruit or syrup, for serving Instructions:

1. Using a glass blender (will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.)

2. Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low.

3. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!



Whole Wheat Berry Pancakes

This recipe is from Tammy's Recipes.

---

# Cinnamon Rolls with Cream Cheese Frosting

A soft and fluffy homemade cinnamon roll with cream cheese frosting on top Yield:

12 large rolls Ingredients:

Dough Ingredients:

1 cup warm milk  
1/4 cup melted butter  
1/4 cup sugar  
1 teaspoon salt  
2 eggs, lightly beaten  
1 tablespoon dry yeast  
1/4 cup gluten  
4-5 cups all-purpose flour, divided\*

Filling Ingredients:

1/4 cup (1/2 stick) melted butter (not too hot)  
1/2 cup sugar  
4 teaspoons ground cinnamon  
3/4 cup raisins, optional

Cream Cheese Frosting Ingredients:

8 ounces cream cheese, softened  
1/4 cup (1/2 stick) butter, softened  
1 cup sifted powdered sugar  
1/2 teaspoon vanilla extract Instructions:

1. In a large mixing bowl, combine and stir ingredients in order listed, adding about 3-4 cups of flour. Knead dough and

add additional flour as necessary to make a soft but not sticky dough. Knead dough for 5-10 minutes, until smooth and elastic.

2. Place dough in a greased bowl, turning once to grease both sides, and cover with a clean towel. Set dough in a warm place to rise until double in size. If you have a bread machine, you can use the dough setting in place of steps 1 and 2 here.

3. Punch dough down and then cover and let dough rest for 10 minutes. If using raisins, boil them for a few minutes in some water, then drain. (This makes softer, plumper raisins.)

4. Mix sugar and cinnamon in a small bowl. On a lightly floured surface, roll dough into a rectangle about 12 inches by 20 inches. Spread with melted butter and sprinkle with sugar and cinnamon mixture. Sprinkle raisins over, if using.

5. Roll dough into a log, starting at the longest side of the rectangle. Pinch edges and ends to seal. Slice into 12 slices. We use a clean strip of dental floss for this step. Just slip the floss under the dough and bring both ends up, crossing over the top and pulling tightly in opposite directions to cut the dough.

6. Place the rolls, cut side down, in a greased 9 x 13 inch baking dish. Cover and let rise in a warm place for about 20-30 minutes, until almost doubled in size.

7. Bake rolls in a pre-heated oven; if using a glass baking dish, bake at 350 degrees; if using a metal baking dish bake at 375 degrees. After 15 minutes of baking, lay a piece of foil loosely over the tops of the rolls, to prevent them from getting too browned on top. My rolls usually take at least 18-20 minutes; check the rolls (I check in the middle, between rolls) for doneness before removing from oven. □

8. After taking dish from oven, cool rolls on a wire rack. If you wish to eat them warm, you can spread frosting on them

while they're still in the dish. ☐

9. To make the frosting, cream butter and cream cheese in a bowl. Mix in vanilla and then powdered sugar.



Cinnamon Rolls with Cream Cheese Frosting

---

## Easy Whole Grain Pancakes

Hearty and slightly sweet, these golden pancakes are bursting with flavor! Yield:

4-5 servings Ingredients:

2 1/4 cups whole grain flour (I like to combine Paul's 7-grain flour with whole wheat pastry flour)

4 teaspoons baking soda

1/4 cup brown sugar

1/4 teaspoon salt

2 cups milk or buttermilk

4 eggs Instructions:



1. In a mixing bowl, whisk together the first 4 ingredients.
2. In another bowl, whisk together the eggs and milk.
3. Add the milk mixture to the dry ingredients and stir just until moistened.
4. Lightly oil a griddle or skillet (cast iron or non-stick works best) and heat over medium heat until hot.
5. Spoon batter onto griddle. Flip pancakes when bubbles break (and don't re-close). Serve hot with syrup, fruit, or just enjoy plain! Leftover pancakes can be re-warmed in the toaster.



Easy Whole Grain Pancakes

This recipe is from Tammy's Recipes.

---

## Apple Spice Syrup

A spicy syrup made with apple juice and brown sugar – not too sweet but full of flavor! Yield:

6 1/2 cups of syrup Ingredients:

6 cups apple juice (we use a can of concentrate and add water)  
1 2/3 cup brown sugar (use more if you like a very sweet syrup)  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
dash cloves  
5 small apples, peeled, cored, and thinly sliced (optional)  
1/2 cup clear jel/Sure Gel OR cornstarch Instructions:

1. Combine 5 cups of the apple juice with the sugar, spices, and apples (if using). Bring to a boil. (If using apples, simmer until apples are tender.)
2. In a small bowl, combine the remaining 1 cup apple juice with the cornstarch, stirring or whisking to remove lumps.
3. Add cornstarch mixture to boiling mixture and stir for a few minutes until mixture bubbles and thickens.
4. Serve hot over pancakes, waffles, or French toast!



Apple Spice Syrup