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

Popcorn Cereal

Popcorn transformed into a sweet and milky breakfast cereal!
Yield:

varies Ingredients:

Plain popcorn (yellow or white), popped in an air popper (without oil)
Sweetener of your choice: sugar, brown sugar, honey, stevia, xylitol, etc.
Milk

Instructions:



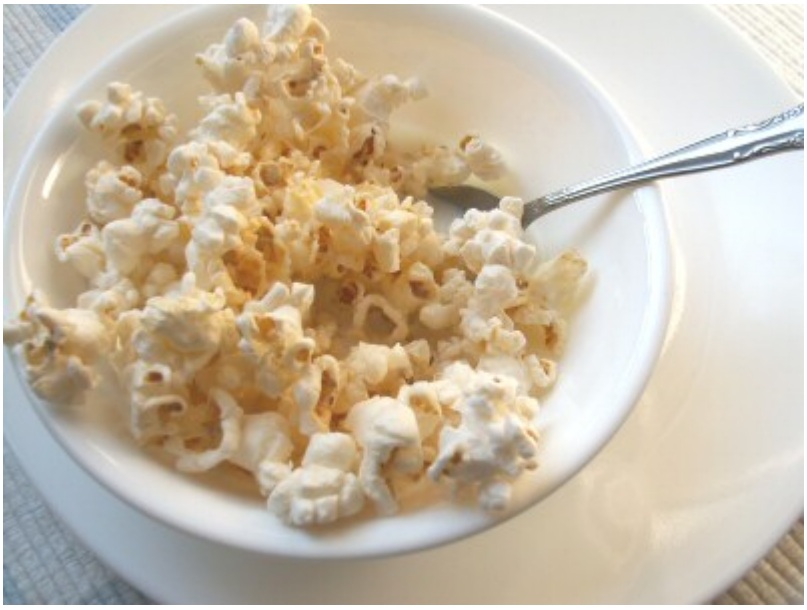
Popcorn Cereal

1.Pile a cereal bowl full of popcorn.



Popcorn Cereal

2. Add a spoonful of sweetener.



Popcorn Cereal

3. Pour milk over popcorn in bowl. (I use about 1/2 cup of milk for 2-3 cups of popcorn.)



Popcorn Cereal

4. Stir to coat popcorn. Enjoy!

This recipe is from Tammy’s Recipes.

Matzo Meal and Cottage Cheese Latkes

A flavorful patty of matzo meal, eggs, cottage cheese, and onions, fried in shallow oil Yield:

20 latkes Ingredients:

1 1/4 cups cottage cheese
3 eggs, separated
1 teaspoon salt
2 1/4 cups matzo meal (9 ounces)
1 large onion, minced
1/2 teaspoon sugar
3 tablespoons sour cream or plain yogurt or water
ground black pepper
oil, for shallow frying Instructions:

1. In a large bowl, mash the cottage cheese. Add egg yolks, half of the salt, the matzo meal, onion, sugar, sour cream, and pepper. Mix well.

2. With an electric mixer on high speed, beat egg whites with remaining half of salt until stiff. Fold a third of the egg whites into the cottage cheese mixture, then fold in remaining egg whites.

3. Heat a half-inch layer oil in a heavy frying pan, until a drop of water added sizzles. Form latkes intoÂ thin patties (if batter/dough is too wet for your hands, shape with two tablespoons or spatulas).

4. Drop into oil and fry over a medium or medium-high heat until the undersides are golden brown. Turn carefully and brown the second side. Remove with slotted spoon and drain on paper towel. Serve immediately, or keep warm on a baking sheet in the oven.



Matzo Meal and Cottage Cheese Latkes

Homemade Bagels

These home-baked bagels are crispy on the outside, soft on the inside, and great with cream cheese or butter! Yield:

8-12 bagels Ingredients:

1 1/2 cups warm water (112-115 degrees F)
2 tablespoons dry yeast
3 tablespoons sugar
1 tablespoon saltÂ
4 1/4 cups bread flour
8 cups of water, for boiling
1 egg white, lightly beaten
1 tablespoon water

Additionally, you can add one of the following (or be creative and come up with your own delicious addition to the recipe!):

cinnamon and/or raisins
poppy seeds

onions or garlic
sesame seeds Instructions:

1. In a small bowl, mix yeast, sugar and warm water together and let stand 3 minutes.

2. Mix 2 cups of flour with the salt in a large bowl; then add the yeast mixture. Stir until combined and slowly mix in the rest of the flour.

3. Knead dough on a floured surface for 5 minutes, adding additional flour if necessary. Dough should be fairly smooth and somewhat firm. Place dough in a greased bowl, cover and let rise until double.

4. Punch dough down (if making cinnamon raisin bagels, add the cinnamon and raisins now – knead just enough to swirl the cinnamon through the dough). Divide and shape into 12 balls. (For larger bagels, make only 8 balls.) Allow to rest for 5 minutes.

5. Bring 2 quarts of water to boil. Make a hole in each ball of dough and pull open about 2 inches, making a bagel shape. Place the shaped dough onto a cookie sheet and cover for 10 minutes.



Homemade Bagels

6. Preheat oven to 350 degrees. Drop 2 or 3 bagels at a time

into the boiling water for about 45 seconds, turning each once.



Homemade Bagels

7. Drain cooked bagels on a wire rack. Mix egg white and water; brush tops with egg white mixture and top with optional toppings, if using. Place bagels on greased baking sheets.



Homemade Bagels

8. Bake at 350 degrees for 35 minutes, turning once half-way through baking. (If making plain bagels, you can flip the bagels; otherwise, just rotate.) Bagels will be lightly browned and shiny.



Homemade Bagels



Homemade Bagels

This recipe is from Tammy’s Recipes.

Homemade Wheat Bread

A slightly sweet, healthy half-whole-wheat bread – our #1 favorite wheat bread recipe! *(Scroll down for instructions on making this a 100% whole wheat loaf!)* Yield:

1 loaf Ingredients:

1 cup warm water (110-115 degrees F)
1 tablespoon milk
2 tablespoons oil
2 tablespoons honey
2 tablespoons brown sugar
1 teaspoon salt
1 1/2 cups all-purpose flour (see additional notes for a 100% whole wheat version)
1 1/2 cups whole wheat flour
2 teaspoons instant active dry yeast (active dry yeast will work also;

Instructions:

1. *Combine first 6 ingredients in a large mixing bowl; stir.

2. Add flours and yeast, and knead until dough is smooth and elastic, about 10-15 minutes. Place dough in a greased bowl, turning once to grease top. Cover with a clean towel and let rise until doubled, about 40 minutes.

3. Punch dough down; knead for a few minutes until smooth and then form into a loaf. Place in greased loaf pan and cover. Let rise in a warm place until almost doubled in size, about 30 minutes.

4. Bake at 350 degrees for 30-35 minutes. If loaf starts browning too soon, lightly lay a piece of foil on top of the loaf to prevent too much darkening.

5. Remove bread from oven and allow to rest in pan for a few minutes. Remove to a wire rack and cover with a cloth. Slice and enjoy while still warm! Leftover bread can be stored in an airtight bag or frozen until needed.



Homemade Wheat Bread

This recipe is from Tammy’s Recipes.

This recipe also makes very delicious 100% whole wheat bread. The bread in this picture was made with Prairie Gold hard white wheat. Follow the recipe as written above, adding **these dough conditioning ingredients to this recipe for better texture and softness:**

- 3 tablespoons vital wheat gluten (replace 3 tablespoons of the flour called for in the recipe with this)
- 1/2 teaspoon soy lecithin (we use granules of lecithin, and add it to the water at the beginning)
- a pinch of citric acid (use sparingly!!)
- a sprinkling of ginger

You could also purchase pre-mixed dough conditioners, which contain some of these ingredients but are more costly. We found our citric acid, soy lecithin, and wheat gluten at a bulk foods store. A little goes a long way!

Soft Butter Spread

A fluffy butter mixture that’s easily spreadable Yield:

2 cups Ingredients:

1 cup (2 sticks) butter, at room temperature
1/2 cup canola oil
1/2 cup water, at room temperature Instructions:

1. Using an electric mixer, blend butter on HI until fluffy.

2. Continue mixing, and slowly add oil. Continue mixing and slowly add water. Mixture will turn white and be very light and fluffy!

3. Chill until set. (See additional notes.)

Additional Notes:

*This mixture may be stored in the refrigerator or at room temperature. At room temperature, it is very soft and fluffy. From the fridge, it is still spreadable, and softens or melts quickly.

This spread is great for toast, bagels, bread, pancakes, or grilled cheese sandwiches. In fact, I thought the grilled cheese sandwiches were extra crispy when I used this spread instead of plain butter!

We have tried adding salt to this recipe, which makes it taste even better (I love salt) but can make the water separate after being stored in the fridge a while.



Soft Butter Spread

New Year’s Apple Challah

A sweet bread with apples and cinnamon throughout, baked in a circular “loaf” Yield:

1 huge loaf Ingredients:

Dough ingredients:

1 cup warm water (110 degrees F)
1/2 cup sugar
1/2 cup oil or melted butter
2 eggs
2 teaspoons vanilla
2 1/2 teaspoons salt
1/2 teaspoon cinnamon
2 tablespoons dry yeast
5 to 6 cups flour

Apple filling:

3 cups coarsely chopped apples
1/2 cup sugar
1 tablespoon cinnamon
1 tablespoon lemon juice (skip if apples are tart)

Egg wash:

1 beaten egg
1 teaspoon sugar
Coarse sugar, for sprinkling – optional Instructions:

1. In a large mixing bowl, combine the first seven dough ingredients, in order listed. Stir in a cup or two of the flour, then add yeast.

2. Add enough additional flour to equal about 5 cups, and stir/knead into a smooth dough, adding additional flour if needed. Knead dough for 8-10 minutes. Shape into a ball, place in a greased bowl, cover, and let rise in a warm place until doubled, about 45-60 minutes.

3. Place apple filling ingredients in a medium bowl and toss to coat. Set aside.



New Year’s Apple Challah

4. Punch down the risen dough, kneading to remove excess air bubbles. On a lightly-floured surgace, roll the dough into a large round, about 1/2-inch thick. Spread apple mixture over

the dough.



New Year’s Apple Challah

5. Fold the edges of the dough over the apples and continue to fold/roll the dough to make one big lump with the filling enclosed. Let rest 5 minutes.

6. Grease a 10-inch springform pan. Place springform pan on a large cookie sheet (to catch any leaks during rising/baking).



New Year’s Apple Challah

7. Now, this part gets messy. Using a sharp knife (I use a serrated one), cut off chunks of the dough and place them in the prepared pan. You should end up with 15-20 chunks of dough (though a particular number doesn’t matter). The apple pieces should be randomly dispersed throughout the dough chunks. Sprinkle with any escaped apple pieces.



New Year’s Apple Challah

8. Combine the egg and sugar, and then dab the egg wash over the top of the dough. Sprinkle with coarse sugar if desired. Cover gently with a piece of plastic wrap and place pan in a warm location to rise.

9. When dough has almost doubled in size, pre-heat oven to 350 degrees and then place baking sheet/springform in the middle of the oven (remove the piece of plastic wrap first, of course!!!)Â to bake for 45-55 minutes or until done. When I make this, usually the edges of the top get well-browned before the middle is cooked. So, after about 25-30 minutes, I cover the darker areas loosely with foil – sometimes forming a large loose “ring” of foil (with no foil in the middle) to lay on top.

10. When challah is done, remove from the oven and cool in the pan for 10 minutes. Turn out of pan onto a cooling rack and cover with a clean towel until completely cool.



New Year’s Apple Challah