Maple Oatmeal Scones

Yield:

8 large scones
Ingredients:

1 3/4 cups all-purpose flour
1/2 cup whole wheat flour
1/2 cup quick or old-fashioned rolled oats
1 tablespoon baking powder
1 tablespoon sugar
1 teaspoon salt
1 cup (2 sticks) cold butter, sliced
1/4 cup buttermilk or kefir
1/4 cup pure maple syrup
2 eggs

Egg wash ingredients:

1 egg white
1 teaspoon water
Oats, for sprinkling

Glaze ingredients:

3/4 cup powdered sugar
1/2 teaspoon vanilla extract
3-4 tablespoons pure maple syrup
Instructions:

1.
In a large mixing bowl, combine the flours, oats, baking powder, sugar,
and salt. Cut in the butter, using a fork or a pastry blender, until
butter is in pea-sized lumps. Some remaining lumps of butter are

perfectly fine, and help make flakier scones.

2. In a small bowl or a 2-cup measuring cup, combine the buttermilk,
maple syrup, and eggs, beating lightly to mix. Add to dry ingredients
and stir gently until a thick ball of dough forms.

3. With clean hands, gently knead the ball of dough a few times.
Dough should be slightly sticky/wet. Just gently form the dough into a
ball and then start flattening it into a large circle, about an inch
thick. You can flatten the dough on a lightly-floured surface, or right
on a large baking sheet.

4. Using a pizza cutter or knife, cut the circle of dough into 8
wedges. (If you want smaller scones, either cut the dough into 12
wedges, or make two, smaller circles of dough and cut each into 6-8
wedges.) Place the wedges on a baking sheet, either in circle (close
together) or else separated (like cookies).

5. In a small bowl, lightly beat the egg white and teaspoon of water.
Brush a thin layer over the tops of the scones. Sprinkle lightly with
oats.

6. Bake scones at 400 degrees for 20-25 minutes or until lightly browned and done inside. Place scones on a wire rack to cool.

7. To make glaze, put powdered sugar in a small bowl or a 1-

cup
measuring cup. Add vanilla extract, and then use a fork to stir in
enough maple syrup to make a glaze that will drizzle.

8. Drizzle glaze over hot or warm scones, or wait until scones are
cooled. More glaze will run off of hot scones, so let them cool a little
if you want a thicker glaze. (I prefer the glaze to end up on my scones
rather than mostly on the counter!) Enjoy!

Scones are best enjoyed within a day or two of being made, although they'll keep longer. Store these in a sealed container or bag.



Maple Oatmeal Scones

This recipe is taken from Tammy's Recipes.

Cinnabon Cinnamon Rolls (copycat recipe)

Yield:

12 large cinnamon rolls (a FULL 9×13 dish!)
Ingredients:

1/2 cup boiling water
1 cup milk
1/4 cup (1/2 stick) butter, melted
1 tablespoon sugar
1/2 teaspoon salt
1 egg, beaten
4 cups bread flour or all-purpose flour
1 box (3.4 ounces) instant (no-cook) vanilla pudding mix
2 1/2 teaspoons active dry yeast or instant active dry yeast

Filling:

1/2 cup (1 stick) butter, softened
1 cup brown sugar
4 teaspoons ground cinnamon
1/4 cup chopped walnuts, optional
1/4 cup raisins, optional

Frosting:

4 ounces cream cheese, softened
1/4 cup (1/2 stick) butter, softened
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
3 tablespoons pure maple syrup
~1-2 teaspoons milk
Instructions:

**See additional notes below for making this dough in a bread

machine**

1. In a large mixing bowl, combine the hot water with the cup of
(cold) milk to make a warm milk-water mixture. Add the butter, sugar,
salt, egg, and a cup of the flour. Stir to mix.

2. Without stirring between, add 2 more cups of flour, the vanilla
pudding mix, and the dry yeast. Then stir to make a sticky dough. Add
more flour as needed (about a cup more, or as much as it takes to make a
smooth dough) and stir until too thick to stir.

3. Use clean hands to knead dough for 10-15 minutes, until smooth and
elastic. With buttery hands, grease the top of the dough and cover the
bowl of dough with a clean towel. Place in a warm location* and let rise
until double, about an hour.

4. Gently punch down dough ad knead for a minute or two, to remove
excess air bubbles. On a lightly floured surface, roll dough into a
rectangle about 12 inches by 17 inches.

5. Combine the first three filling ingredients and mix well. Heat in
microwave 10 seconds to make spreadable. (It’s okay if it’s fairly
thick.) Spread over rolled dough, covering as much of the surface as
possible. Sprinkle nuts and raisins over dough if using.

6. Starting with the widest end, roll dough into a tight log.

Pinch
edges to seal. With a thin sharp knife (I use a serrated knife), cut log
into 12 equal slices. Place rolls in a lightly greased 9×13-inch glass
baking dish. Cover with a clean towel and place in a warm location to
rise until nearly double in size, about 30-45 minutes.

7. Bake rolls in a preheated 350 degree oven for 25-35 minutes. After
about 20 minutes of baking, check on rolls and cover loosely with foil
if they are getting too dark. Rolls can stay in the dish after baking;
set the dish on a wire rack and cover with a clean towel to let it cool.

8. To make the frosting, cream the butter and cream cheese. Add
powdered sugar, vanilla, and maple syrup and beat. Add enough milk to
make a spreadable consistency, about 1-2 teaspoons.

9. Frost rolls while they are still warm for a drizzly melty look! Enjoy!



Cinnabon Cinnamon Rolls (copycat recipe)

This recipe was taken from Tammy’s Recipes.

Energy Bars

A chewy oatmeal chocolate chip granola bar
Yield:

36 Bars
Ingredients:

9 1/2 cups quick-cooking rolled oats
2 cups brown sugar
1 cup (2 sticks) butter
1/2 cup corn syrup
1/2 cup unsweetened flaked coconut
1/2 cup semi-sweet chocolate chips
1/2 cup raw sunflower seeds
1/4 cup goldren ground flaxseed
1/4 cup raw sesame seeds
1/4 cup water

Instructions:

1.
In a large bowl, mix oats and brown sugar. Melt butter in a small pan
or bowl, and add corn syrup to butter. Stir butter mixture into oat
mixture and mix well.

2. Add remaining ingredients and stir well. Grease two baking sheets
(11×15-inch) and divide mixture evenly on both sheets, pressing flat
with a pancake turner.

3. Bake at 350 degrees for 18 minutes, until edges are lightly browned. Remove sheets from oven and place on wire racks. Cut after 6
minutes (set timer!) with a pizza cutter, using a butter knife to cut
the edges that the pizza cutter won’t get. Cover with a clean towel
while cooling.

Store energy bars in an airtight container or bag. These keep well, but will get more crumbly after a week or so, so freeze any extras that won’t be eaten within 7-10 days.



Homemade Energy Bars

This recipe was taken from Tammy’s Recipes.

Oatmeal Apple Raisin Muffins

Yield:

12 muffins
Ingredients:

1 cup whole wheat or all-purpose flour
1 cup quick or old-fashioned rolled oats
1/3 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon nutmeg
1 tablespoon cinnamon
1 egg, lightly beaten
3/4 cup milk
1 cup raisins
1 cup peeled, cored, and chopped apple (about 1 medium-large

apple)
1/4 cup oil
1/4 cup applesauce
Instructions:

1.
Preheat oven to 400 degrees. In a medium sized mixing bowl, whisk
together the dry ingredients: flour, oats, sugar, baking powder, salt,
nutmeg, and cinnamon. Make a well in the center of the mixture.

2. Add the egg, milk, raisins, apples, oil, and applesauce. Stir until moistened (don’t stir too long!).

3. Pour batter into 12 greased or paper-lined muffin cups. Bake at
400 degrees for 15-20 minutes, until muffins test done (a toothpick or
fork inserted comes out clean).

4. Cool muffins on a wire rack. Enjoy warm or cold!



Oatmeal Apple Raisin Muffins

This recipe was taken from Tammy’s Recipes.

Cranberry Oatmeal Blender Pancakes

Yield:

4 servings
Ingredients:

1 1/4 cups milk
3/4 cup whole wheat berries OR 1 1/8 cups whole wheat flour
1/2 cup rolled oats or quick oats
2 eggs
1 teaspoon ground cinnamon
2 teaspoons baking powder
1/4 cup (packed) brown sugar
1/8 teaspoon salt
1 1/2 cups fresh whole cranberries, washed

Butter and/or maple syrup, for serving
Instructions:

1. Preheat a heavy skillet or griddle over medium heat.

2. In a blender, combine the milk and wheat berries. Blend on HIGH
for 4 minutes.* If you are using whole wheat flour rather than wheat
berries, blend until the flour and milk are well-mixed. (Stop and scrape
the sides of the blender once if needed.)

3. Add the oats, eggs, cinnamon, baking powder, brown sugar, salt,
and half of the cranberries to the blender. Blend on a medium

or high
speed for about a minute, until well-blended. If anything has stuck to
the sides of the blender, scrape the sides and blend for another moment.
You should have a slightly pink, fairly thin pancake batter.**

4. Stir in the remaining cranberries (whole). Because the cranberries
float, you won't be able to pour the batter onto the griddle to cook.
Instead, use a ladle to scoop the batter and drop onto the preheated
griddle. (Lightly oil griddle first if you think they might stick; I use
cast iron and use a little oil for the first pancake and then no
additional oil.)

5. Cook pancakes at a moderate pace – not too quickly though, or the
cranberries will still be crunchy inside! I've found that these
pancakes take only slightly longer than plain wheat pancakes. I wait for
the first few "pops!" from the cranberries before I flip the pancake.

Enjoy hot with butter and/or maple syrup!

Leftover pancakes can be frozen in a ziplock bag. Re-heat (thawed or from frozen) in a toaster before serving.



Cranberry Oatmeal Blender Pancakes

This recipe is taken from Tammy’s Recipes.

Chewy Oatmeal Chocolate Chip Granola Bars

Yield:

18 bars (2.3 ounces each)
Ingredients:

3/4 cup (1 1/2 sticks) butter, softened
1/2 cup honey
1/3 cup (packed) brown sugar
1 teaspoon vanilla extract
1 cup whole wheat flour
1 teaspoon baking soda
4 1/2 cups rolled oats
1 cup (6 ounces) semi-sweet chocolate chips
Instructions:

1.
Preheat oven to 325 degrees. In a medium-size mixing bowl, cream
together the butter, honey, brown sugar, and vanilla extract. (I use an
electric mixer for this step.)

2. Add flour, baking soda, and oats. Stir until well-mixed. (Mixing
with clean hands works great for this step.) Mixture will be a soft,
fluffy, and somewhat crumbly. Stir in chocolate chips.

3. Press mixture into a lightly-greased 9×13-inch baking dish. Bake
at 325 degrees for 18-22 minutes, until edges are just starting to
brown. Remove from oven and place dish on wire rack to cool.

4. After granola bars have cooled for 10 minutes, use a
smooth-bottomed measuring cup or glass to press the bars flat. (Pressing
while too hot will smear chocolate everywhere!) Allow to finish cooling
and then cut into 18 bars using a pizza cutter or thin sharp knife.

Store in a sealed container or bag at room temperature for up to a week or so, or freeze for later use.



Chewy Oatmeal Chocolate Chip Granola Bars

This recipe was taken from Tammy’s Recipes

Whole Wheat Crepes (Swedish Pancakes)

Yield:

about 8 crepes
Ingredients:

3 eggs
1 cup milk
3/4 cup white whole wheat flour*
1 teaspoon sugar
1/4 teaspoon salt
butter or coconut oil, for frying**
Maple syrup, fruit syrup, or sweetened cream cheese (or kefir or yogurt), for serving
Instructions:

1.
In a medium mixing bowl, whisk together the eggs and milk until
well-beaten. Add the flour, sugar, and salt and whisk briskly until
batter is smooth.

2. Allow batter to rest for 5-10 minutes to thicken slightly (will still be thin, though!).

3. Heat an 8- to 10-inch skillet over medium heat. When skillet is
hot, put 1/2 to 1 teaspoon of butter or coconut oil in the skillet. As
soon as it’s melted, pour in 1/4 cup of batter***. Tip the skillet to
spread batter in a thin circle.

4. Flip crepe after about a minute, when top is dry and crepe is
holding together enough to flip. Cook for an additional 30 seconds or
so.

5. Continue cooking crepes in this fashion, adding 1/2 to 1 teaspoon
of oil before each one, and cooking 1/4 cup of batter at a time.

Serve hot, with syrup or other toppings of your choice!



Whole wheat Crepes

This recipe was taken from Tammy’s Recipes.

Homemade Spicy Turkey Breakfast Sausage

Yield:

1 pound (4 servings)
Ingredients:

1 pound ground turkey*
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon granulated garlic or garlic powder
1/2 teaspoon fennel seeds, crushed
2 teaspoons ground sage
1 teaspoon dried thyme
1/8 teaspoon ground cloves

1/8 teaspoon ground nutmeg
1/8 teaspoon ground allspice, optional
1 tablespoon maple syrup (or more to taste), optional

For a sweeter fruity sausage, also add 1/2 cup finely chopped applesInstructions:

1.
Combine all ingredients in a bowl and mix well. Cover and refrigerate
for at least 15 minutes but as long as a day or two to allow flavors to
combine. See additional notes for freezing these sausage patties.

2.
Form meat into 8 small patties. Cook in a pre-heated skillet over
medium to medium-high heat, turning once, until browned. Ground turkey
should be cooked until meat reaches 165 degrees.

Alternatively,
you can just fry this sausage into crumbles. Place meat in a pre-heated
skillet and cook and stir over medium heat until sausage is fully
cooked. You can use the crumbles to make omelets, pizza, sausage gravy,
or spaghetti sauce. (See notes below.)

3. Serve hot and enjoy!Additional Notes:

*If using lean ground turkey, add an egg or 1 tablespoon of oil to the sausage mixture.

Making pre-formed sausage patties for the freezer:

I have used this recipe to make pre-formed patties and frozen

them for a quick pre-made sausage patty. For best results, freeze patties in a single layer on parchment paper or a silicone mat on a baking sheet. After they are frozen, remove and stack them in a container or bag in your freezer. Cook straight from the freezer, in a skillet as described in the recipe above.

This recipe adapted from *Light and Tasty*.



Homemade Soft Pretzels

Yield:

6 large pretzels (6-inch) or 12 small pretzels (4-inch)
Ingredients:

Dough ingredients:

1 cup warm water (110-115 degrees F)
1 tablespoon active dry yeast
1 tablespoon sugar

2 tablespoons oil
1 teaspoon salt
2 3/4 cups all-purpose flour or bread flour

For boiling:

12 cups water
1/4 cup baking soda

For topping:

1 egg yolk, lightly beaten
1 tablespoon water
Coarse salt, to taste
Instructions:

1.
In a large mixing bowl, combine the warm water, yeast, and sugar. Stir
and let rest for 5-10 minutes, until foamy. Stir in 1 cup of the flour.

2. Add the oil and salt, and then stir in another cup of flour. Add
the rest of the flour as needed and stir, then kneading (in the bowl or
on a lightly-floured surface) to make a smooth, elastic dough. Place
dough in the bowl, pat oil over the top of the dough, and cover bowl
with a clean towel. Let rise in a warm place until doubled in size,
about 60 minutes.

If you have a bread machine, you can make this dough using the DOUGH
cycle. Add ingredients in order listed EXCEPT add the yeast last (on top
of the flour). Start the dough cycle; when dough cycle is

finished,
continue with step 3 below.

3. Preheat oven to 475 degrees. In a large saucepan or stock pot,
bring 12 cups of water to a boil on the stovetop. Stir in the baking
soda and keep water at a simmer.

4. Gently deflate the risen dough, and then turn onto a lightly
floured surface. Divide the dough into 6 or 12 pieces, depending on the
size of pretzels you wish to make.

5. Roll each piece of dough into an 18-inch long rope, kneading out
air bubbles if needed. If dough shrinks back during forming, let it rest
a few minutes and then continue shaping.

6. Form pretzels from the ropes, twisting to desired shape(s) and
pinching ends to secure. (Optional: Cut the ropes into 6-8 sections and
form into balls to make “pretzel bites”. Decrease baking time to ~6-8
minutes if making pretzel bites rather than larger pretzels.)

7. Immediately after shaping, drop pretzels a couple at a time into
the simmering water for 10-15 seconds. During the last 5-10 seconds,
gently hold the pretzel under the water with a wide slotted spoon or
spatula.

8. Remove pretzel from the water, let drain for a moment on the

spoon, and place on a greased large (11×13-inch or larger) baking sheet (or baking sheet with a silicone liner or parchment paper). Continue boiling the remaining pretzels and place them at least an inch apart on the baking sheet.

9. In a small bowl, whisk together the egg yolk and water, using a fork. Use a pastry brush to lightly brush the egg wash over the pretzels. (You may not need all of the egg wash.) Lightly sprinkle the pretzels with coarse salt.

10. Allow pretzels to rest and rise for 5 minutes, then bake at 475 degrees for 10-12 minutes, until pretzels are golden brown. Cool on wire racks at least 5 minutes before eating.

Serve with homemade nacho cheese sauce, honey-mustard, or just enjoy them plain!

Store extra pretzels in an open bag.



Best Baking Powder Biscuits

Yield:

1 dozen
Ingredients:

2 cups flour
1 tablespoon baking powder
1/2 teaspoon salt
1/3 cup cold butter, sliced
3/4 cup buttermilk or kefir
Instructions:

1. Combine flour, baking powder, and salt in a bowl. Cut in butter.

2. Add buttermilk or kefir, stirring until mixture forms somewhat of a
ball shape. Then, knead gently on a lightly-floured surface just until a

workable dough forms. Press or roll about 3/4-inch thick and cut into
12 squares using a pizza cutter or use a round glass or biscuit cutter
to cut into 12 circles (may need to re-roll scraps).

3. Place biscuits on ungreased baking sheets and bake at 450 degrees for 10-12 minutes or until golden. Serve hot!



The Best Buttermilk Biscuits