

Whole Wheat Pita Chips

Crunchy homemade whole wheat pita chips – perfect for dipping or eating plain!

Yield:

4 servings

Ingredients:

4 whole wheat pita breads

Olive oil

Sea salt or table salt Instructions:

1. If pita breads have two layers (like my whole wheat pita pocket breads), split the pita around the edges to make two thinner circles of bread (8 thin pieces all together).
2. Brush both sides of each round with olive oil. Using a pizza cutter, slice each round into 8 triangular wedges.
3. Spread wedges in a single layer on a baking sheet. Sprinkle both sides lightly with salt.
4. Place baking sheet in pre-heated 450 degree oven. Bake for 5 minutes and check for doneness. Depending on how thick your chips are, they could take between 5 and 9 minutes to bake. Check frequently to avoid burning the chips!
5. Finished chips can cool on the sheets or on a wire cooling rack. Enjoy plain, or with your favorite dip!



Whole Wheat Pita Chips

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

This recipe is from Tammy's Recipes.

Whole Wheat Flour Tortillas

Soft and delicious homemade whole wheat flour tortillas, perfect for fajitas or soft tacos!

Yield:

about 1 dozen (8-inch) tortillas

Ingredients:

3 cups whole wheat flour*

1 teaspoon baking powder

1 teaspoon salt

2 tablespoons shortening**

1+ cup hot water (enough to make a workable dough, as hot as you can stand to touch)

Instructions:

1.

In a large mixing bowl, whisk together the flour, baking powder, and salt. Add the shortening and mix with a fork or pastry blender until incorporated into small crumbs.

2. Add hot water, stirring to make a thick dough. Knead with hands until a smooth, not-too-sticky dough forms.

3. Separate dough into balls about 2 1/2 inches in diameter. Allow balls of dough to rest on the counter, covered with a clean towel, for a few minutes.

4. Using heavy skillets (like cast iron) or a griddle, have two burners heating – one at a medium-low temperature and one at a medium-high temperature. Roll each ball into an 8-inch circle. (Use a

little flour during rolling if necessary.)

5. To cook tortillas, first use the lower temperature burner to heat

the tortilla on both sides, until tortilla is cooked but not browned.

Then, move the tortilla to the hotter burner and cook for a couple more

minutes, until both sides are browned and tortilla is hot.***

6. Stack tortillas under clean towels to keep them warm as you finish cooking the rest of the tortillas.

Tortillas will be somewhat thick, and great for fajitas, soft tacos,

or served for breakfast filled with eggs and toppings (cilantro,

jalapenos, tomatoes, green onions, leftover fajita meat, etc.).

Leftover tortillas should be stored in an air-tight bag or container, and can be re-warmed in the microwave or oven (wrapped in foil).



Whole Wheat Flour Tortillas

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.

Overnight Challah French Toast

Chunks of challah tossed with egg and milk, topped with fruit and a crumb topping before being baked

Yield:

16 servings

Ingredients:

1/2 of a large loaf of challah,
torn into large chunks (about one square inch) – this should
make
about 12 cups of torn chunks and should fill your 9×13-inch
baking dish
about 3/4 full.

5 eggs

3 tablespoons sugar

2 teaspoons vanilla

3 cups milk

3 cups of fresh or frozen berries, cut into bite-sized pieces
(We
have used cranberries and strawberries so far, and I'm sure
blueberries
would work, also.)

Crumb topping ingredients:

3/4 cup flour

1/2 cup brown sugar

3/4 cup quick oats

1 teaspoon cinnamon

1/2 cup (1 stick) butter, softened

Instructions:

1. Grease a 9×13-inch baking dish. Place torn challah in a
layer in the baking dish. (Dish should be at least 3/4 full.)

2. In a medium-sized mixing bowl, lightly beat the eggs, sugar
and
vanilla. Add the milk and mix. Pour over the bread. Cover dish
and
refrigerate overnight.

3. Combine crumb topping ingredients in a bowl and cut

together until
a coarse crumb mixture forms. Cover (or put into a ziplock bag
or
container) and refrigerate or save until the morning. I also
make sure
the fruit is all ready for the morning, by chopping if needed.

4. In the morning, stir the bread mixture in the baking dish,
and
smooth out into a layer in the bottom again. Sprinkle fruit
over the top
and then sprinkle the crumb topping over the fruit.

5. Bake at 375 degrees (350 degrees if using a glass baking
dish) for
about 55-60 minutes, until the center is set. If you pulled
the dish
out of the fridge right before you bake it, then put the dish
in the
oven before you turn on the oven. If the dish has been out at
room
temperature for 30+ minutes you can pre-heat the oven if you
wish. ☐

6. Serve hot and enjoy! ☐ We also like the leftovers, cold. ☐



Overnight Challah French Toast

This recipe is from Tammy's Recipes

Lemon Poppy Seed Muffins

A soft and spongy lemon poppy seed muffins with the perfect balance of sweet and tart!

Yield:

12 muffins

Ingredients:

2 cups flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 1/2 tablespoons poppy seeds

1 egg

1/2 cup + 2 tablespoons sugar

2 tablespoons lemon zest (the zest from ~two large lemons)

1/4 cup melted butter

1 1/4 cups kefir (or buttermilk)

Instructions:

1. In a large mixing bowl, whisk together the dry ingredients.
2. In a smaller bowl, combine egg, sugar, and lemon zest, stirring well. Add butter and kefir (or buttermilk) and stir.
3. Add the wet mixture to the dry ingredients, and stir just until moistened. Do not over mix. The batter will be fairly thick.
4. Preheat oven to 350°F. Divide batter evenly into 12 paper-lined or greased muffin cups. Bake muffins on rack in the middle of

the oven

for 20-25 minutes, until muffins test done. (Ours are usually done in

17-19 minutes; over-cooking seems to make them unnecessarily dry.)

5. Allow muffins to cool in pan for about 5 minutes, then remove to a wire rack to finish cooling.



Lemon Poppy Seed Muffins

This recipe is from Tammy's Recipes.

Glazed Pumpkin Spice Bread

A soft and fluffy pumpkin spiced quick bread with a cinnamon glaze drizzled on top! The best pumpkin bread ever!

Yield:

8 mini loaves, 3 regular loaves, or 24 muffins

Ingredients:

2 cups sugar

1/2 cup oil
3 eggs
1 1/2 cups canned pumpkin puree
1/2 cup freshly-squeezed orange juice
Zest of 1 orange
3 cups all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon ground cloves*
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg*
1 teaspoon salt

Glaze ingredients:

3/4 cup powdered sugar
1 1/2 teaspoons ground cinnamon
~1 teaspoon water

Instructions:

1. In a medium mixing bowl, beat sugar, oil, eggs, pumpkin, orange juice, and orange zest. Set aside.
2. In a large mixing bowl, whisk together the remaining dry ingredients. Pour pumpkin mixture into bowl with dry ingredients, and stir until no lumps remain.
3. Lightly grease and flour loaf pans or muffin pans. (This recipe will fill about 8 mini loaf pans, OR 3 regular loaf pans, OR 24 muffins.) Fill pans or muffin cups 3/4 full.
4. Bake in a pre-heated oven at 400 degrees for about 15 minutes (muffins), 20 minutes (mini loaves), or 25-30 minutes (regular loaves).
Check with a toothpick or fork (should come out clean).

5. Remove bread from pans and place on a wire rack to cool, covered with a clean towel. While cooling, mix powdered sugar and cinnamon in a small bowl. Add just enough water to make a glaze. Poke tops of bread with a fork or toothpick, and drizzle the glaze over the warm bread.

Slice bread with a thin serrated knife and serve warm, or allow bread to finish cooling, and store in a sealed bag or container.



Glazed Pumpkin Spice Bread

This recipe is from Tammy's Recipes.

Blackberry Coffee Cake

A quick coffee cake with blackberries folded in and a cinnamon crumb

topping! This is the perfect use for ripe blackberries from the Pacific

Northwest; enjoy with coffee or hot tea for an amazing late summer

treat!

Yield:

9 servings

Ingredients:

2 cups all-purpose flour

1/2 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

2 eggs

1/4 cup vegetable oil

3/4 cup milk

2 heaping cups of blackberries (fresh or frozen)

Topping Ingredients:

1/3 cup all-purpose flour

1/3 cup brown sugar

1/4 cup softened butter

1 teaspoon cinnamon

Instructions:

1. In a large mixing bowl, combine flour, sugar, baking powder, and salt.

2. In another bowl, beat eggs until frothy. (We use an electric mixer for this.) Mix in oil and milk.

3. Pour milk mixture into dry ingredients and stir. Gently fold in blackberries.

4. Pour batter into a greased 9-inch square baking dish or an 8×11-inch baking dish*.

5. Mix topping ingredients together (should be coarse

crumbs/lumps of topping) and sprinkle over batter.

6. Bake at 350 degrees for 50-60 minutes, until cake tests done in the middle. Cover cake loosely with foil if the top starts browning too quickly (I usually place foil over the cake after about 45-50 minutes).

7. Serve hot, or cool in pan.



Blackberry Coffee Cake

This recipe is from Tammy's Recipes.

One Hour Dinner Rolls

Simple from-scratch dinner rolls that are a complement to soups or salads, any time! *(For the fluffiest rolls, total time may exceed one hour...)*

Yield:

24 dinner rolls

Ingredients:

1/2 cup warm water (115 degrees F)

1 1/2 tablespoons active dry yeast

1/2 tablespoon sugar

2 eggs

1 1/2 cups warm milk (115 degrees F)

1/2 cup oil or melted butter

2 teaspoons salt

1 tablespoon honey or molasses

1/3 cup sugar

6 1/2 cups all-purpose flour or bread flour, approximately

Instructions:

1.

In a 2-cup measuring cup or small mixing bowl, combine the water,

yeast, and 1/2 tablespoon sugar. Stir with a fork to combine, and then

set aside. (Mixture will get foamy.)

2. In a 4-cup measuring cup (or medium-large mixing bowl), lightly

beat the eggs. Add the warm milk, oil or butter, salt, honey or

molasses, and 1/3 cup sugar. Stir to combine.

3. In a medium-large mixing bowl, combine the two wet mixtures and

stir. Stir in enough flour to form a soft dough, and continue to add

flour and knead until a smooth, elastic dough forms (about 10-15

minutes).

If using a bread machine: Pour both wet mixtures into bread machine, add about 4 cups of flour, and turn on the

dough

cycle. Add more flour as needed to make a smooth, soft dough. Scrape

sides of bread machine pan with a gentle spatula if needed as it mixes.

When dough is smooth and elastic, turn off bread machine. Continue with step 4.

If using a stand mixer: Pour both wet mixtures into mixer bowl. Add about 4-5 cups of the flour and allow it to mix (or knead with a dough hook) until a smooth, soft dough forms, adding more flour as needed. When dough is smooth and elastic, turn off mixer and continue with step 4.

4. Allow dough to rest for 5-10 minutes, covered. While dough is resting, grease two 11×15-inch baking sheets. Turn oven on to 200 degrees and set a timer for 2 minutes. After 2 minutes, turn off the oven. (Leave the door shut so it stays warm inside!)

5. Separate or cut dough into 24 pieces. I divide in half, then divide each half in half again. Now I have fourths, and I divide each of those in half. Now I have 8 pieces of dough, and I divide each piece into 3 pieces, resulting in 24 pieces. □

6. Form each piece of dough into a roll. To make Kaiser (or rosette-shaped) dinner rolls like the ones in these pictures, roll each piece of dough into a rope about 8 inches long. Tie the rope

into a
knot, with two long “tails” remaining. Tuck one tail under and
one tail
over, tucking in the middle, to make the rosette shape.

7. Place rolls on greased sheets. Cover lightly with a clean
towel
and place sheets in the warm oven (do not turn back on!) and
allow to
rise until nearly doubled. This should take about 25 minutes
if your
oven was pre-warmed, your yeast was good, etc. It MAY take
longer,
though, which is why I recommend starting these rolls in
plenty of time
for dinner (more like two hours in advance instead of just
one!).

8. When rolls are almost doubled in size, remove them from the
oven.
Pre-heat the oven to 375 degrees. Bake rolls for about 15-20
minutes,
until done.

Serve hot and enjoy! Leftover rolls should be stored in an
air-tight bag or container.

Easy homemade whole wheat crackers that taste remarkably
similar to Wheat Thins! Thin, crunchy, and salty – you will
love these crackers! Yield:

About 8 ounces of crackers

Ingredients:

1 1/4 cups whole wheat flour
1/2 teaspoon salt
1 1/2 tablespoons sugar
1/4 teaspoon paprika
4 tablespoons (1/2 stick) cold butter, sliced

1/4 cup water

1/4 teaspoon vanilla

Salt, for topping

Instructions:

1.

Combine flour, 1/2 teaspoon salt, sugar, and paprika in a medium bowl.

Cut in butter with a fork or pastry blender, until small crumbs form.

Or, combine the dry ingredients and butter in a food processor bowl and pulse until crumbly.

2. Make a well in the center, and add the water and vanilla. Stir to

mix, then use clean hands to knead a few times, just enough to form a

ball of dough. (Add just a tad more water, only if needed.) Divide dough

into two pieces and cover with a clean towel.

3. Lightly grease two 11×15-inch baking sheets* and sprinkle lightly with salt. Preheat oven to 400 degrees.

4. On a lightly floured counter, roll each piece of dough into a thin

rectangle approximately 11×15 inches. (Be sure to lightly flour the

dough as you roll, so it doesn't stick to the counter!)

5. Transfer the sheet of dough to the baking sheet. Use a pizza

cutter or sharp knife to cut dough into squares. Trim edges if desired.

Sprinkle tops with salt.

6. Bake at 400 degrees for 5-10 minutes, until crisp and lightly

browned. Crackers will become more crispy as they cool, so don't

over-bake! (Remove edge crackers that are getting too dark if the middle

crackers aren't quite done yet, and continue baking.)

7. Remove baked crackers from sheets and cool on a wire rack. Serve warm or cool, plain or with dips or and store leftover crackers in a sealed bag or container.



One Hour Dinner Rolls

This recipe is from Tammy's Recipes.

Just Like Lambert's "Thrown Rolls"

A soft, hot dinner roll just like the ones tossed to diners at Lambert's Cafe!

Yield:

12 large dinner rolls

Ingredients:

1 teaspoon sugar

2 1/4 teaspoons (1 pkg.) active dry yeast

1/4 cup warm water (110-115 degrees F)

1 cup warm milk (110-115 degrees F)

1/4 cup (1/2 stick) melted butter

1/4 cup sugar

1 egg, lightly beaten

1 teaspoon salt

4 cups all-purpose or bread flour

Butter, honey and/or sorghum molasses, for serving

Instructions:

(See additional notes for bread machine directions)

1. In a small bowl, combine the teaspoon of sugar and the yeast with the warm water and allow to foam (5-10 minutes).

2. In a large mixing bowl, mix the warm milk, melted butter, sugar, egg and salt. Add the yeast mixture and stir.

3. Stir in 3 cups of flour. Stir or knead in another cup of flour (or more, if needed) and knead for 5-10 minutes to make a smooth, elastic dough.

4. Scrape the large mixing bowl clean (or as clean as possible) and place dough in the bowl. Grease the top of the dough with butter or oil and cover with a clean cloth. Place in a warm location (I turn the oven on for 1-2 minutes, then turn OFF and place covered bowl in the warm oven to rise) and let rise until doubled in size, about 60-90

minutes.

5. Liberally butter a 12-cup muffin pan. With buttery hands, deflate the dough and divide into 24 pieces. Roll each piece into a ball. Place two balls in each muffin cup. Gently grease the tops and cover with a clean towel.

6. Let rolls rise in a warm place until nearly doubled in size, about 45 minutes. Preheat oven to 350 degrees Fahrenheit and bake rolls for 20-25 minutes, until tops are browned and rolls are done. (Check rolls after 15 minutes, and cover loosely with foil to prevent excess browning, if needed.)

Toss hot rolls and serve with butter, honey, and/or sorghum molasses!



Just Like Lambert's "Thrown Rolls"

This recipe was taken from Tammy's Recipes.