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

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:



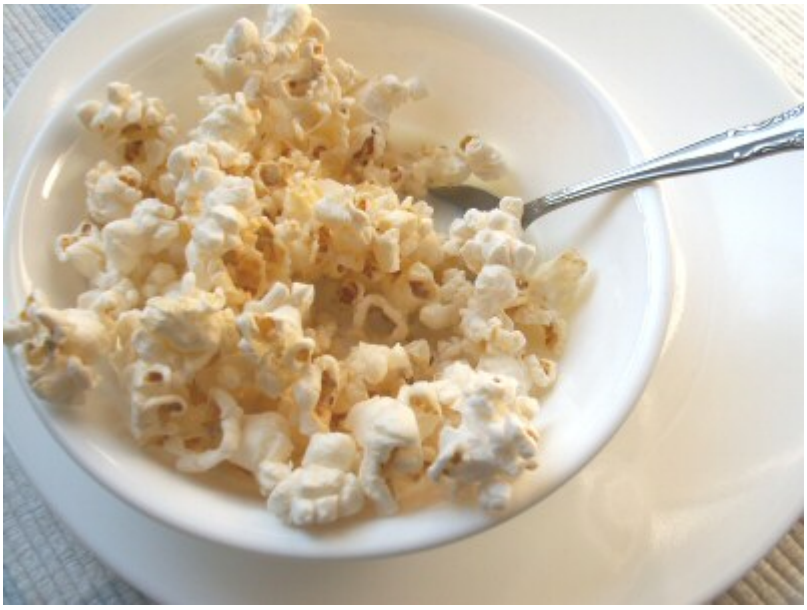
Popcorn Cereal

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.

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

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.

Blueberry Rhubarb Crisp

A flavorful medley of blueberries and rhubarb with a crispy oat crumb topping!
Yield:

16 servings
Ingredients:

4 heaping cups rhubarb, washed and thinly sliced (1/2 inch)*
4 slightly-heaping cups whole blueberries, washed and drained
1 cup sugar
3 tablespoons flour
1 tablespoon vanilla extract, optional

Crumb topping ingredients:

1/2 cup (1 stick) softened butter
1/2 cup (packed) brown sugar
1/2 cup flour

1 tablespoon ground cinnamon
2 cups rolled (“old fashioned”) oats

Instructions:

1. In a large bowl, toss the fruit with the sugar, flour, and vanilla. If using fresh blueberries, toss gently!

2. In another bowl, mix with a fork the butter, brown sugar, flour and cinnamon. Mix in oats last, using clean hands if needed.

3. Pour fruit mixture into a lightly greased 9×13-inch baking dish. Sprinkle crumble topping over fruit.

4. Bake in the middle of the oven at 375 degrees for 35-40 minutes,
or until fruit tests done. (Mostly you just want to be sure the rhubarb
isn’t still hard!)

5. Serve warm with ice cream, or cool in pan. Enjoy!

Additional Notes:

*Can substitute frozen sliced rhubarb.
**Frozen blueberries work as well.



Blueberry Rhubarb Crisp

This recipe is from Tammy’s Recipes.

Blueberry Streusel Muffins

Sweet streusel-topped blueberry muffins
Yield:

12-15 muffins*
Ingredients:

Muffin ingredients:

2 cups flour
1/2 teaspoon baking soda
dash of salt
1 teaspoon cinnamon
2 eggs
1/2 cup oil
1 cup sour cream
1 teaspoon vanilla extract
1 cup brown or white sugar
2 cups fresh or frozen whole blueberries

Streusel topping ingredients:

1/4 cup (1/2 stick) softened butter
1/4 cup brown or white sugar
1/4 cup flour
1 teaspoon cinnamon
3/4 cup rolled oats
Instructions:

1. In a large mixing bowl, whisk together the flour, soda,

salt, and cinnamon. Set aside.

2. In a separate bowl, briskly whisk the eggs, oil, sour cream,
vanilla, and sugar. Add to dry ingredients and stir just until moist.
Gently stir in blueberries.

3. To make streusel topping, combine butter, sugar, flour, and cinnamon in a mixing bowl and press with a fork to mix. Add oats and mix
until coarse crumbs form.

4. Fill greased or paper-lined muffin pans 2/3 or 3/4 full of batter.
Sprinkle about 2 teaspoons of streusel topping on each muffin.

5. Bake in a pre-heated 400 degree oven for 20-23 minutes, until
done. Cool in pan for 5 minutes and then remove and cool on wire racks.

Additional Notes:

*If lining muffin cups with paper liners, this recipe will make 15 or so muffins. Directly in the pan it makes a full dozen.

These muffins remove very easily from a greased muffin pan, if you cool for 5 minutes in the pan.

I used dark brown sugar in my muffins, which is why they look rather dark in these photos. That, and the blueberries gave the batter a purple hue as well!



Blueberry Streusel Muffins

This recipe is from Tammy’s Recipes.