Easy Fruit Coffee Cake

A fluffy, fruity coffee cake with a sweet crusty topping
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
1 cup blueberries, cranberries*, raspberries, chopped strawberries, or finely-chopped apples

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. Fold in fruit.

4. Pour batter into a greased 8- or 9-inch square baking pan**.

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.

Additional Notes:

*We put frozen cranberries in a food processor for a minute or so, to chop them coarsely.



Easy Fruit Coffee Cake

This recipe is from Tammy’s Recipes.

Milk Toast

A breakfast my mom served when I was growing up: Toasted homemade bread topped with milk and sugar!
Yield:

1 serving
Ingredients:

1 slice homemade bread
1-2 teaspoons sugar or alternative
1/2 cup whole milk
Instructions:

1. Toast bread until nicely browned, but not burnt (of course).

2. Lay toast in a soup bowl or plate with a slight edge. Pour milk over toast.

3. Sprinkle with sugar or whatever sweetener you prefer. (I like to use xylitol since it’s healthy and tooth-friendly!)

4. Use a spoon to cut toast into bite-sized pieces and enjoy!



Milk Toast

This recipe is from Tammy’s Recipes.

Whole Wheat Pumpkin Pancakes

Tender, moist, and deliciously spiced pumpkin whole wheat pancakes!
Yield:

18 small-medium pancakes
Ingredients:

1 1/2 cups whole wheat pastry flour
1 teaspoon baking soda
2 teaspoons baking powder
1/4 teaspoon salt
2 teaspoons ground cinnamon
1/4 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 1/3 cups buttermilk
1 cup mashed/canned pumpkin
2 eggs
1/2 cup sour cream
2 teaspoons vanilla extract
2 tablespoons brown sugar

Instructions:

1. In a large mixing bowl, whisk together the first 7 ingredients (dry). Set aside.

2. In a separate mixing bowl, whisk together the buttermilk, pumpkin, eggs, sour cream, vanilla, and brown sugar.

3. Add wet mixture to dry and stir gently just until a batter forms (can be lumpy).

4. Cook pancakes on a greased and pre-heated griddle or skillet. Ladle batter onto griddle, spreading it out slightly if needed.

Be sure to cook these long enough – they seem to take slightly longer than regular pancakes, so be patient! When they are done,
however, they will be tender, moist, and deliciously fragrant!

Serve with hot maple syrup, brown sugar syrup, butter, or just enjoy plain!



Whole Wheat Pumpkin Pancakes

This recipe is from Tammy’s Recipes.

Whole Wheat Pumpkin Scones with Cinnamon Icing

Spiced pumpkin scones with cinnamon icing drizzled on top!
Yield:

8 scones
Ingredients:

1 cup whole wheat pastry flour
1 cup all-purpose flour*
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
6 tablespoons butter, sliced and chilled
1/3 cup pumpkin puree
1/3 cup heavy whipping cream
6 tablespoons brown sugar
2 teaspoons vanilla extract

Cinnamon Icing Ingredients:

1 cup powdered sugar
1 teaspoon ground cinnamon
1-2 tablespoons milk
Instructions:

1. In a large mixing bowl, whisk together the first 8 ingredients (dry). Cut in butter until coarse crumbs form.

2. In a smaller mixing bowl, whisk together the pumpkin, cream, sugar, and vanilla.

3. Add to dry mixture and stir just until mixture forms a thick
dough. Use your (clean) hands to knead the dough once or twice, pressing
it together. (For more tender scones, don’t over-knead.)

4. On a lightly floured surface, form dough into a circle, about 3/4
inch thick. Use a knife or pizza cutter to cut circle into 8

wedges/triangles. Place wedges on an ungreased baking sheet, not
touching.

5. Bake at 425 degrees for 15 minutes, until scones are lightly browned on the bottom.

6. Make icing by whisking together the icing ingredients, adding just enough milk to make a drizzling consistency. Icing can be drizzled over warm or hot scones, or brushed on.



Whole Wheat Pumpkin Scones with Cinnamon Icing

This recipe is from Tammy’s Recipes.

Cranberry Almond Scones

Tender and flaky scones with cranberries and almonds, topped with a sweet crusty glaze
Yield:

8 scones
Ingredients:

2 1/8 cups all-purpose flour*
1/4 cup granulated sugar
1/8 teaspoon salt
1 1/2 teaspoons baking powder
1/2 cup (1 stick) cold butter, sliced
3/4 cup dried sweetened cranberries (“Craisins” or other brand)
1/4 cup sliced or chopped almonds**
1/2 cup heavy cream
1 egg
1 teaspoon vanilla extract
2 teaspoons almond extract
2 tablespoons heavy cream, for topping
sugar, for sprinkling
Instructions:

1.
In a large mixing bowl, whisk together the flour, sugar, salt, and
baking powder. Cut in the butter. Stir in cranberries and almonds.

2. In a small bowl, whisk together the 1/2 cup cream, egg, and extracts. Stir into dry mixture, stirring just until moistened. Knead a
few times, until a dough forms (don’t over-knead).

3. On a lightly floured surface, form dough into a circle, about an
inch thick. Cut into 8 wedges. (I use a pizza cutter to slice the
dough.) Place wedges on an ungreased baking sheet.

Alternately, you can place the circle of dough onto the baking sheet
before cutting, if you wish, and leave scones touching as they bake.
Increase the baking time as needed (probably 10-15 minutes

longer) if
you bake them this way.

4. Brush scones with the reserved 2 tablespoons of cream, and sprinkle with sugar.

5. Bake at 350 degrees for 20-25 minutes, until edges are lightly
browned and scones are done inside. Cool on a wire rack. Delicious warm
or cold, and maybe even better the next day!

Additional Notes:

*Scones
pictured were made with 1 cup all-purpose flour and 1 cup + 1 tablespoon whole wheat pastry flour. Delicious either way!!

**I buy whole almonds since they retain their nutrients better than pre-sliced or chopped. I chop mine in a food processor or run them through the Salad Shooter with a slicer attachment.



Cranberry Almond Scones

This recipe is from Tammy’s Recipes.

Lemon Scones with Sour Lemon Glaze

Flaky lemon scones, drizzled with a tangy lemon icing
Yield:

8 scones
Ingredients:

2 cups all-purpose flour
1/4 cup sugar
1/8 teaspoon salt
1 1/2 teaspoons baking powder
1/2 cup (1 stick) cold butter, cut
1 1/2 teaspoons lemon zest*
2 teaspoons freshly squeezed lemon juice
1/2 cup heavy whipping cream
1 egg

Icing Ingredients:

3/4 cup confectioner’s sugar
1 1/2 tablespoons freshly squeezed lemon juice
Yellow food color, optional
Instructions:

1. In a large mixing bowl, whisk together the flour, sugar, salt, and baking powder. Cut in the butter.

2. In a separate bowl, whisk together the lemon zest and juice, cream, and egg.

3. Stir egg mixture into dry ingredients, just until a dough starts
to form. Knead a couple times until the dough holds together.

4. On a lightly floured surface, gently press dough into a circle,
about an inch thick. Cut into 8 wedges (I use a pizza cutter to quickly
and neatly cut the wedges!).

5. Place scones on an ungreased baking sheet, not touching each
other, and bake at 350 degrees for 25 minutes, or until edges are
lightly browned. Remove from oven and let rest on the sheet for 5
minutes.

6. Prepare the icing by mixing the powdered sugar with enough lemon
juice to make a drizzling consistency. Add a drop or two of yellow food
color if desired.**

7. Place scones on a wire rack. Drizzle or brush icing over warm scones. These scones are delicious hot, but I think they taste even better the next day, when the lemon flavor has permeated the scone even more!



Lemon Scones with Sour Lemon Glaze

This recipe is from Tammy’s Recipes.

Low Fat Whole Grain Waffles

Easy, healthy whole wheat oatmeal waffles
Yield:

4-6 servings
Ingredients:

2 cups whole wheat flour
1 cup quick oats
4 teaspoons baking powder
2 1/2 cups milk
2 tablespoons oil
2 eggs
Syrup, jam, butter, fresh fruit, or whipped cream, for serving
Instructions:

1. In a medium mixing bowl, whisk together the flour, oats, and baking powder.

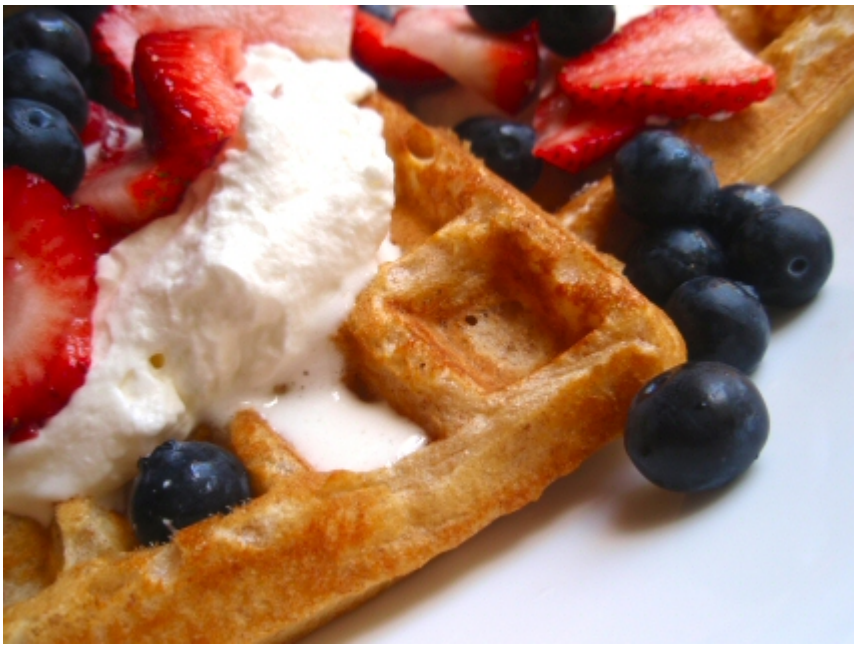
2. In a separate bowl, whisk milk, oil, and eggs. Add to flour mixture and whisk briskly to combine. Let batter set for 5-10 minutes to
thicken slightly.

3. Pre-heat waffle maker. Spray hot grids lightly with oil. Spoon waffle batter over grid and close lid.

4. Cook until done (mine took about 4 minutes for Belgian-style waffles). I like to set a timer so I don’t have to keep checking, or risk forgetting to take the waffles out on time! Open waffle maker lid carefully by jiggling to loosen the waffles as you open the lid. Remove cooked waffles with fork.

If necessary, spray grid lightly with oil before cooking more batter.

Serve hot fresh waffles with syrup, butter, jam, whipped cream, or fresh fruit. We love ours with real whipped cream and fresh strawberries!



Low Fat Whole Grain Waffles

Pumpkin Spice Waffles

Tender spicy pumpkin waffles, perfect with hot maple syrup
Yield:

4 servings
Ingredients:

1 cup pumpkin puree
1 1/4 cups buttermilk*
1 egg
1/4 cup (4 tablespoons) melted butter
1 3/4 cups flour

1 tablespoon baking powder
1/4 teaspoon salt
1/4 cup sugar
1 teaspoon ground cinnamon
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg

Maple syrup, brown sugar syrup, whipped cream, or powdered sugar, for serving Instructions:

1. In a medium mixing bowl, combine the pumpkin puree, buttermilk, egg, and melted butter. Stir to combine.

2. In a large mixing bowl, whisk together the remaining (dry) ingredients. Add wet ingredients to dry and stir just until moistened.

3. Preheat waffle iron. Spray hot waffle iron with oil or non-stick cooking spray, spoon batter onto iron, and cook until done. One my Belgian waffle maker, these waffles take about 5 minutes to cook fully. The outsides will be browned. I like to set a timer so I don’t have to keep guessing and checking to see if they’re done yet!

Serve waffles hot with maple syrup, brown sugar syrup, and/or whipped cream and powdered sugar.



Pumpkin Spice Waffles

This recipe is from Tammy’s Recipes.

Easy Steak and Veggie Omelette

An
easy moist omelette filled with steak, multi-colored bell peppers,
tomatoes, green onions and black olives; heated and topped with cheddar
cheese
Yield:

1 large omelette
Ingredients:

3 eggs
A dash of salt
1/4 cup thinly-sliced leftover steak

1/4 cup chopped (mixed) colored bell peppers
2 tablespoons diced onions
1/4 cup cooked hashbrowns (shredded), optional
1/4 cup shredded cheddar cheese
2 tablespoons diced tomatoes
2 tablespoons sliced black olives
2 tablespoons sliced green onions
Finely shredded cheese, for garnish
Instructions:

1.
Saute steak, diced onions (not green onions) and peppers together,
until onions are translucent and steak is warmed. Set aside.*

2. Grease a large skillet or griddle and preheat on medium. Scramble
eggs with a dash of salt and pour over pre-heated griddle. Spread eggs
to cover entire surface.

3. Turn stove to medium-low and cook until eggs are firm enough to
flip without tearing. (Use a spatula to spread the wet eggs to the edge
of the omelette as it cooks, if some areas are too thick.)

4. Flip eggs over and turn stove to low. Layer the steak mixture, hash browns (if using), cheese, tomatoes, olives, and some of the green onions over eggs. Fold or roll.** Allow to heat through. (Cover if needed, to get it extra hot!) Remove from heat and sprinkle with remaining green onions and a little cheese for garnish. Serve hot!



Easy Steak and Veggie Omelette

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

This recipe is from Tammy’s Recipes.