# 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.

# Blueberry Orange Julius

A creamy blueberry-orange smoothie with milk and a hint of vanilla
Yield:

2 servings
Ingredients:

3 ounces frozen orange juice concentrate
1/2 cup milk*
1/2 cup water
2 tablespoons sugar
1 teaspoon vanilla extract
1/2 banana, optional
1 cup frozen blueberries
6 regular-sized ice cubes (or until desired consistency)
Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.

2. Add blueberries and blend for a couple minutes, until smooth.

3. Add ice cubes to blender, one at a time, blending after each one until smooth. You don’t want chunks of ice in your smoothie! 



Blueberry Orange Julius

This recipe is from Tammy’s Recipes.

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# Strawberry Banana Kefir Smoothie

A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!
Yield:

1 large smoothie
Ingredients:

1 large banana, broken into 4 chunks
1 cup frozen strawberries
1 cup kefir
stevia or other sweetener, optional

For more protein, you can also add in a scoop of protein powder

(vanilla or unflavored soy or whey protein, which is sold for shakes)
Instructions:

1. Place banana, strawberries, kefir, and stevia (if using) into a blender.

2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!



Strawberry Banana Kefir Smoothie

This recipe is from Tammy’s Recipes.

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# Strawberry Green Smoothie

A delicious and healthy strawberry smoothie with spinach!

Yield: 2 servings

Ingredients:

1 cup milk

1 large handful of fresh spinach leaves (about 3oz.)
1 tablespoon sugar or xylitol (optional)*
1 small banana (optional)**
6-8 frozen strawberries
Whipped cream, for serving (optional)
Instructions:

1. Whirl milk, spinach, and sweetener in blender on high until foamy and green.

2. Add banana if using; whirl until smooth.

3. Turn blender on high and add frozen strawberries, one at a time, until smoothie reaches desired thickness.

4. Pour smoothies into glasses. For a luxurious treat, add a dollop of whipped cream and stir before serving!



Strawberry Green Smoothie

This recipe is from Tammy’s Recipes.

# Best Waffle Batter

A moist and slightly sweet homemade waffle batter
Yield:

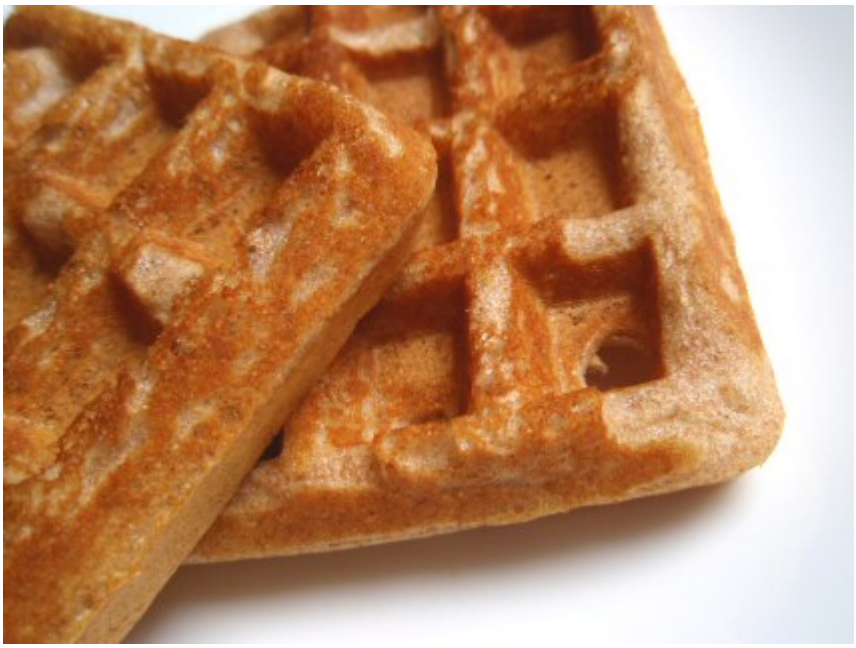
4-6 servings
Ingredients:

1 3/4 cups flour*
2 tablespoons sugar
1 tablespoon baking powder
2 eggs
1 3/4 cups milk
1/2 cup oil or melted butter
1 teaspoon vanilla
Instructions:

1. Combine dry ingredients in large bowl.

2. In a separate bowl, beat wet ingredients and then add to dry, stirring just until moistened.

3. Cook on pre-heated waffle iron until waffles are browned and test done. I like to set a timer so I don’t have to keep checking, or risk forgetting to take the waffles out on time!



Best Waffle Batter

This recipe is from Tammy’s Recipes.

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# 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

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# 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, andlemon 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 350ÂºF. 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.

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# 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.

# 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.

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# 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.