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.

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

Best Ever Blueberry Muffins

Yield:

12 muffins
Ingredients:

2 cups all-purpose flour
1 cup sugar

2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup oil
1/2 cup milk, warmed in microwave
2 teaspoons vanilla extract
2 cups fresh or frozen blueberriesInstructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.

2. In a separate bowl, beat the eggs and oil. Add the warm milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

Best Ever Blueberry Muffins (Tammy’s Recipes)

Soft, sweet, and bursting with blueberries: these blueberry muffins are our favorite homemade blueberry muffins, and super easy to make, too!Yield:

12 muffinsIngredients:

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup oil
1/2 cup milk, warmed in microwave
2 teaspoons vanilla extract
2 cups fresh or frozen blueberriesInstructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.

2. In a separate bowl, beat the eggs and oil. Add the warm milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

Additional Notes:

This blueberry muffin recipe was created by my friend Lisa M., who has brought them to us numerous times after the birth of a baby or a move. I begged her for her recipe and have made it tens of times since she obliged.Preparation Time:

15 minutesCooking Time:

20-25 minutes

Granola (adapted for our family from Tammy’s Recipes)

Granola

Yield:
10 cups
Ingredients:
6 c rolled oats
1/2 c brown sugar (or better yet, maple sugar…slightly less is necessary)
3/4 c wheat germ
1/2 c flaked coconut
1/4 c sesame seeds (skip most of the time)
1 c chopped walnuts, almonds, pecans, golden flax seeds, or raw sunflower seeds (I use walnuts or almonds and sunflower seeds, chia seeds, and ground flax and I use more than a cup total…probably closer to 2 cups total)
1/2 c nonfat dry milk
2/3 c honey (or better yet, maple syrup, use same amount)
2/3 c vegetable oil (I prefer canola oil…it is healthier)
2 T water (I just use milk instead of water here and if things seem too dry because of added nuts etc, add another one tablespoon)

1 1/2 t vanilla (not necessary if you are going for maple flavor, but add equal amount of milk instead)
1 c raisins (Don’t add until serving)
Instructions:
1. In a large bowl combine oats, brown sugar, wheat germ, coconut, sesame seeds, sunflower seeds, and nonfat dry milk (in other words, all the dry stuff).
2. Combine honey, oil, water, and vanilla (all the wet stuff). Add to oat mixture and mix thoroughly.
3. Turn into two large shallow greased baking pans or cookie sheets. Heat in 300 degree oven for 30-40 minutes or until lightly toasted. Stir twice during heating.
4. Let cool for 15 minutes after removing from the oven and then stir again. Store in tightly sealed container. Add raisins before serving, or not at all.

Additional Notes:
Granola will be “wet” even when it is done baking. It doesn’t dry out or become crispy until it is cooling. So don’t worry if it looks like it didn’t turn out!
If stored in a sealed container or bag, away from sunlight or humidity, your granola will last a number of weeks. Granola may also be frozen for longer storage.
This recipe can be totally adapted using different nuts and seeds.

I usually double this recipe because it goes over really well. Also, this is a hearty breakfast and will keep an adult satisfied until lunch!

Blueberry Shredded Wheat Muffins (untested, online source)

1 1/2 c. flour
1/2 c. sugar
3 tsp. baking powder
1 1/4 tsp. salt
1 c. crushed shredded wheat
1 egg, slightly beaten
3/4 c. milk
1/3 c. vegetable oil
1/2 c. blueberries
1 tbsp. lemon juice
Sift together flour, sugar, baking powder, and salt. Stir in cereal. Add egg, milk, and oil. Stir just until dry ingredients are moistened. Fold in blueberries and lemon juice. Fill greased 2 1/2 x 1 1/2 inch muffin pans about 2/3 full. Bake at 400 degrees until done and browned, 18-20 minutes. Yields 12 muffins.

Copy Cat McSkillet Burrito (untested, from “Daring to Cook”)

Copy Cat Skillet Burritos
12 eggs
3 regular size cans enchilada sauce
4 medium (fist sized) potatoes, baked and cooled

12 sausage patties
4 cups shredded cojack or cheddar cheese or cheese to taste – make sure you don’t put on too much or you won’t be able to shut the burrito!
12 burrito size flour tortillas
12 paper towels
2 gallon freezer bags

Thicken the enchilada sauce by simmering gently until it is reduced by 1/3 and is about the consistency of barbeque sauce.
Scramble the eggs.
Dice the potatoes into bite size pieces.
Cut the sausage patties in half.
Lay out a paper towel. Lay a tortilla on the paper towel. In a line down the middle of the tortilla, leaving an inch and a half or so of room on either end, start the layers. Two sausage halves laid end to end, then a single line of potato pieces, 1/4 cup of scambled egg, 2-3 T thickened enchilada sauce and 1/3 cup shredded cheese. Fold one side over the line of filling, then fold in the ends to seal in the line of filling, then roll over to form a burrito. Repeat the wrapping procedure with the paper towel around the burrito.
Continue the process 11 more times to make a total of 12 skillet burritos.
The burritos can be put directly into gallon freezer bags. To reheat, microwave for 2 minutes or so on high straight from the freezer. You’ll need to experiment a little with your own microwave to figure out the exact timing.

Apple Brownies (Courtesy

Tammy’s Recipes)-Revised for Us

Ingredients:

2/3 cup butter
1 cup brown sugar
1/2 cup maple sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1/2 teaspoon cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
1 cup peeled chopped apples
1/2 cup nuts (optional)
Powdered sugar
Instructions:

1. Cream butter and sugars. Add eggs and vanilla, mixing well. Add flour, cinnamon, baking powder, and salt. Stir well. Stir in apples and nuts.

2. Spread batter into a greased 9 x 13-inch baking pan. Bake at 350 degrees for 30-35 minutes, until brownies test done with a fork and slightly browned on top.

3. Cool; dust top with powdered sugar and cut into 24 squares.