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.

Homemade Soft Pretzels

Yield:

6 large pretzels (6-inch) or 12 small pretzels (4-inch)
Ingredients:

Dough ingredients:

1 cup warm water (110-115 degrees F)
1 tablespoon active dry yeast
1 tablespoon sugar
2 tablespoons oil
1 teaspoon salt
2 3/4 cups all-purpose flour or bread flour

For boiling:

12 cups water
1/4 cup baking soda

For topping:

1 egg yolk, lightly beaten
1 tablespoon water
Coarse salt, to taste
Instructions:

1.
In a large mixing bowl, combine the warm water, yeast, and sugar. Stir
and let rest for 5-10 minutes, until foamy. Stir in 1 cup of the flour.

2. Add the oil and salt, and then stir in another cup of flour. Add
the rest of the flour as needed and stir, then kneading (in the bowl or
on a lightly-floured surface) to make a smooth, elastic dough. Place
dough in the bowl, pat oil over the top of the dough, and cover bowl
with a clean towel. Let rise in a warm place until doubled in size,
about 60 minutes.

If you have a bread machine, you can make this dough using the DOUGH cycle. Add ingredients in order listed EXCEPT add the yeast last (on top of the flour). Start the dough cycle; when dough cycle is finished, continue with step 3 below.

3. Preheat oven to 475 degrees. In a large saucepan or stock pot, bring 12 cups of water to a boil on the stovetop. Stir in the baking soda and keep water at a simmer.

4. Gently deflate the risen dough, and then turn onto a lightly floured surface. Divide the dough into 6 or 12 pieces, depending on the size of pretzels you wish to make.

5. Roll each piece of dough into an 18-inch long rope, kneading out air bubbles if needed. If dough shrinks back during forming, let it rest a few minutes and then continue shaping.

6. Form pretzels from the ropes, twisting to desired shape(s) and pinching ends to secure. (Optional: Cut the ropes into 6-8 sections and form into balls to make “pretzel bites”. Decrease baking time to ~6-8 minutes if making pretzel bites rather than larger pretzels.)

7. Immediately after shaping, drop pretzels a couple at a time into the simmering water for 10-15 seconds. During the last 5-10 seconds,

gently hold the pretzel under the water with a wide slotted spoon or
spatula.

8. Remove pretzel from the water, let drain for a moment on the
spoon, and place on a greased large (11×13-inch or larger) baking sheet
(or baking sheet with a silicone liner or parchment paper). Continue
boiling the remaining pretzels and place them at least an inch apart on
the baking sheet.

9. In a small bowl, whisk together the egg yolk and water, using a
fork. Use a pastry brush to lightly brush the egg wash over the
pretzels. (You may not need all of the egg wash.) Lightly sprinkle the
pretzels with coarse salt.

10. Allow pretzels to rest and rise for 5 minutes, then bake at 475
degrees for 10-12 minutes, until pretzels are golden brown. Cool on wire
racks at least 5 minutes before eating.

Serve with homemade nacho cheese sauce, honey-mustard, or just enjoy them plain!

Store extra pretzels in an open bag.



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

Twisted Parmesan Breadsticks

Yield:

12 large breadsticks
Ingredients:

1 cup warm water (110-115 degrees F)
1 package (2 1/4 teaspoons) active dry yeast
Pinch of sugar
1/2 teaspoon salt

2 1/2 to 3 cups all-purpose or bread flour
3/4 cup fresh shredded Parmesan cheese
Garlic salt, for sprinkling
1/3 cup melted butter, for brushing
Instructions:

1.
Combine the warm water, yeast, and pinch of sugar in a medium-size
mixing bowl (or in a bread machine pan). Stir and let rest for about 10
minutes, until foamy.

2. *Add 1 cup of the flour and stir; then add the salt and another
cup of flour. Stir well, and add additional flour as needed until you
can turn the dough onto a lightly-floured surface and begin kneading.
Knead for about 5 minutes, until dough is smooth and elastic. Place
dough back in mixing bowl (scrape out residue first if needed) and
lightly oil the top of the dough. Cover with a clean cloth and let rise
in a warm place until doubled in size (60-90 minutes).

3. Gently deflate dough. Turn onto a lightly-floured surface,
kneading out large air bubbles if needed. Then, roll dough into a large
rectangle, about 12×16 inches or even slightly larger. Be sure the
bottom of the dough is lightly floured so it doesn’t stick to the
counter when you try to lift the breadsticks later.

4. Sprinkle the Parmesan cheese over one half of the rectangle
lengthwise. Sprinkle lightly with garlic salt. Fold dough in

half
lengthwise, to enclose the Parmesan cheese.

5. Using a pizza cutter or sharp knife, cut dough from top to bottom (starting at the fold) into 12 equal strips.

6. Grease a large baking sheet (13×18-inches) or two smaller baking
sheets – or, use a silicone liner (my favorite!). Pick up each strip of
cheesy dough and twist several times, pulling into a breadstick about
12 inches long as you twist. If any of the cheese falls out, just roll
the bread stick in it after it’s twisted to pick up the cheese that
fell. Place breadsticks on the baking sheet, allowing 1/4 to 1/2 inch
between each breadstick.

7. Cover with a clean towel and let rise in a warm place for about 20 minutes. Preheat oven to 375 degrees Fahrenheit.

8. Uncover breadsticks and brush lightly with the melted butter. Sprinkle with additional garlic salt. Bake breadsticks for 15-20 minutes, until lightly browned on top and “springy” to the touch. Serve hot or warm.



Soft Kefir Cheese (or Yogurt Cheese)

A creamy soft cheese made from kefir or yogurt. Easy to make and a perfect substitute for sour cream, cream cheese, and more!
Yield:

Varies
Ingredients:

8 cups (or more) homemade kefir or homemade yogurt

Supplies needed:

Strainer
Bowl
Cheesecloth or thin dish towel
Instructions:

1.

Place your strainer in the bowl. (Ideally the bottom of the strainer should rest at least a few inches above the bottom of your bowl.) Line with the cheesecloth (2 layers of 90-count cheesecloth works perfectly!) or clean thin dish towel.

2. Pour your kefir or yogurt into the cheesecloth or towel. Allow to grain for 15-20 minutes. Carefully and gently tie the towel ends together to cover the kefir (or yogurt). Allow kefir to drain for an additional 8-24 hours (can be kept out on the counter or in the fridge while draining), until the cheese is the consistency desired.

For a sour cream consistency, I like to drain for about 8 hours. This makes a creamy spreadable texture, perfect on tacos, beans and rice, or spread on crackers!

For a thicker cream cheese consistency, drain for 18 hours (approximately). This is great for cheese balls or cheese spread.

Drain for 24 hours or so for a thick soft cheese copnsistency.

Add herbs if desired! Store cheese in fridge until used (keeps for several weeks).



Kefir Cheese Preparation



Kefir Cheese and Whey



Kefir Cheese

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!
Yield:

about 2 cups
Ingredients:

2 cups cooked pinto beans*
2 tablespoons oil
1 small clove garlic, minced
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1/4 teaspoon ground cumin
~1/2 cup water, as needed
Salt, to taste
Your favorite hot sauce, to taste
Chopped fresh cilantro, optional Instructions:

1.
Heat heavy skillet or pan (I use cast iron) over medium heat. Add oil,
then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing
with a spoon or spatula as you stir and adding a little water as
needed.

2. Cook until beans are hot and as smooth as desired (I like mine
chunky!). Add salt to taste and a few splashes of hot sauce along with
freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



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.

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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