

# Whole Grain Recipes

## Cookies

2 fresh eggs  
1/2 cup oil or butter  
1/2 cup honey  
1 TBSP vanilla  
1/2 tsp salt  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
2 cups whole wheat flour  
1 tsp baking powder  
1 tsp baking soda

Mix together and drop teaspoon-sized batter onto a buttered cookie sheet. Bake for 8-10 minutes at 350 degrees. (If you put the cookies in before the oven is 350, they'll be runny & thin.) Makes about 2-3 dozen cookies.

### *optional ingredients:*

1/2 cup *chopped nuts*  
1/2 cup *chopped apples*  
1/2 cup *chocolate chips*  
1/2 cup *raisins, dates...*  
1/4 cup *granola or dried fruit*  
1/4 cup *toasted wheat germ*  
*or cereal or oatmeal*

## Banana Bread

1 egg  
1/2 cup oil  
1/2 cup honey  
1/2 tsp vanilla  
3/4 tsp salt  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 cup yogurt or milk  
2-3 mashed bananas  
1 1/2 cups whole wheat flour  
1 tsp baking soda

Preheat the oven to 350 degrees. Combine ingredients (always add the baking soda last), and put into an oiled 9x5 loaf pan. Bake to 45-50 minutes.

### *optional ingredients:*

1/2 cup *chopped walnuts*  
1/2 cup *chopped pecans*  
1/2 cup *dates or cranberries*  
1/4 cup *toasted wheat germ*

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## Pizza

(takes about 30 minutes)

Let stand 5 minutes:

1 cup hot water (not boiling)  
1 TBSP live active yeast  
1 tsp honey (helps yeast grow)

### Slowly add:

2 TBSP oil (olive is best)  
1/2 tsp salt (sea salt is best)  
3 cups whole wheat flour  
(freshly ground is best)

**Optional crust ingredients:** powdered:  
onions, fresh or dried parsley, chives,  
rosemary, teeny-tiny amount of cayenne  
pepper, coriander, celery leaves, etc...

Knead (handle dough with oiled or floured hands), roll out with a rolling pin to fit 2 pizza pans (thin) or 1 oven-proof large casserole dish (thick crust). Pre-bake crust for 5 minutes before adding toppings.

### Toppings:

Top with tomato sauce, onions, olives, mushrooms, meats...), mozzarella or pepper jack cheese and herbs on top.

Bake in **PREHEATED\*** 450<sup>0</sup> oven for about 20 minutes (or until cheese melts--don't let it turn brown). Lower temp to 325 if you use a glass casserole dish.

*\*a hot oven is the key to a crisp crust & live, active, fresh yeast is the key to a light crust that rises & cooks well*

## Cornbread

(takes about 30 minutes)

**Heat** Use an oven mitt with the skillet. Put 1 TBSP of oil in a skillet in a hot oven for 5 minutes. Then add this blended mixture to the pan and return to the oven:

1 egg  
1 1/2 cups milk  
2 TBSP oil  
2 TBSP beet (or other) sugar  
1 1/2 cups cornmeal  
1/2 cup frozen corn  
1/4 cup chopped onions  
1/2 cup whole wheat flour  
1 tsp salt  
3 tsp baking powder

Bake at 425 for about 25 minutes.

## Biscuits

(takes about 20 minutes)

Blend together softened butter, kefir (or buttermilk) and add wheat, salt, baking soda & powder. Roll out, use a bowl or cup to cut out biscuits and put on buttered cookie sheet. Bake at 425 degrees for 15 minutes.

2 cups whole wheat  
1/4 cup butter (1/2 stick)  
1 cup kefir or buttermilk  
1 tsp salt  
1/2 tsp baking soda  
1/2 tsp baking powder

## Bread

(takes about 3 hours)

**Heat** the following in a small sauce pan--until too hot for fingers:

1/4 cup butter (1/2 stick)  
1 1/2 cups water  
1/2 cup honey  
1 cup cottage cheese

### Slowly pour into a bowl with:

2 cups whole wheat flour  
2 TBSP live active yeast  
1 TBSP salt  
1 egg  
5 cups unbleached fine flour

Stir until sticky ball is formed. Begin slowly adding the unbleached flour and kneading. When 5 cups of flour have been added (7 total), **set in a large oiled bowl** in a warm or sunny place (where there is no draft) **for about 1 hour** (or until doubled in size).

Punch down, knead, put into 2 buttered loaf pans in a cold oven to rise again.

When bread has risen (at least **1 hour**), carefully turn oven to 350<sup>0</sup> and **bake for 45-50 minutes**. (If you open the oven, the bread may fall). Makes 2 loaves .