

Cookies

(takes about 30 minutes)

2 fresh eggs
1/4 cup coconut oil
1/2 cup honey
1 tbsp vanilla
1/2 tsp sea salt
1/2 tsp cinnamon
1/4 tsp nutmeg
1 cup **whole wheat flour**
1/2 cup ground flaxseed
1/2 cup ground oatmeal
1/2 tsp baking powder
1/2 tsp baking soda

**optional ingredients:*

1 cup raisins or other dried fruit
1 cup chopped nuts
1/2 cup chocolate chips
1/2 cup chopped apples
1/4 cup granola
1/4 cup toasted wheat germ

Be sure the coconut oil is very soft & blend it first with the eggs, then add other ingredients together & drop teaspoon-sized batter onto an ungreased sheet. Bake 8-10 minutes at 350°. Makes 2-3 dozen.

(If you put the cookies in before the oven is 350 or use too much coconut oil, they might be runny & thin.)

Banana Bread

(takes about 70 minutes)

1 egg
1/2 cup oil (grapeseed?)
1/2 cup honey
1/2 tsp vanilla
3/4 tsp salt
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 cup yogurt (optional)
2-3 mashed bananas
1 1/2 cups **whole wheat flour**
1 tsp baking soda
1 tsp baking powder

Preheat the oven to 325°.

Combine ingredients

(always add the baking soda last), and put into an oiled 9x5 loaf pan.

Bake 55 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

Whole Grain Recipes



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for GLUTEN-FREE,
use sorghum flour
(although it doesn't taste as good)
instead of whole wheat.
(Coconut flour is also too dense.)

Extra grain tip: fresh ground raw wheat germ is rich in vitamin E, so keep some in the freezer (it loses value otherwise) & sneak a few teaspoons of it into tuna salad or spaghetti sauce—they totally mask it's flavor.

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, then mozzarella or pepper jack cheese and lots of herbs on top.

Bake in **PREHEATED*** 450⁰ oven (350⁰ for glass pans) for about 20 minutes (*or until cheese melts--don't let it turn brown*). **a hot oven is the key to a **crisp** crust. Live, active, fresh yeast (kept refrigerated) is the key to a light crust that rises & cooks well.*

Cornbread

(takes about 30 minutes)

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. (*Use an oven mitt!*)

- 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 425⁰ 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 425⁰ for 15 minutes.

- 2 cups **whole wheat flour**
- 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

Best Bread Ever!

(takes about 3 hours)

Heat the following in a small sauce pan-- until too hot for a finger to stir.

- 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 tsp 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 350⁰ and **bake for 45-50 minutes**. (*If you open the oven, the bread may fall*). This recipe makes 2 loaves.

(*Option: roll pieces of dough into quarter-size balls & place them together by 3's on a cookie sheet to make rolls. Let rise just like the bread. Shorten the baking time.*)