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Recipe Packet

Contents:

Sauces and Dressings
Miscellaneous Dinner Ideas
Crackers
Bread and Muffins
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www.wildoats.com

or

www.pccnaturalmarkets.com

SUBSTITUTIONS FOR BAKING

Whole Wheat Flour = Pastry or All Purpose Flour

Butter = Margarine (1:1)

Butter = Apple Sauce (1:1) (Good for cakes and cookies)

Oil = Apple Sauce (1:1) (Good for cakes and cookies)

Milk = Soy, Rice, or Almond Milk (1:1)

Maple Syrup or Honey = Sugar (1/2 C to 1C Sugar)

Fructose = Sugar (1:1)

1 Tbs Baking Powder = 1 Tbs Cornstarch + ¼ tsp. Baking Soda

Baking Powder is found not to be entirely necessary in baking. If you have a potato intolerance you may just leave it out of the recipe and expect the food to crumble a little bit more than if you had added the baking powder.

SAUCES AND DRESSING

Cranberry Sauce

Fresh whole cranberries

Honey or maple syrup

Cinnamon

Wash and drain cranberries in a colander. Discard berries that don't look firm and healthy. Pour berries into saucepan. Cook over medium heat. Add honey to taste. Berries will cook down fairly quickly. No need to thicken – they are loaded with pectin. Add a little cinnamon. (Approximately ½ tsp. per pack of berries) Cool in serving bowl. Refrigerate.

Jared's Salad Dressing

¼ Cup	Canola Oil	1 TBS.	Sesame Oil
¼ Cup	Rice Vinegar	Dash	Cumin
1 tsp	Maple Syrup	¼ tsp.	Salt
¼ tsp.	Basil	1/8 tsp.	Pepper
¼ tsp	Oregano	1/8 tsp.	Paprika

You may vary seasonings to taste.

Chinese Chicken Salad Dressing

½ Cup	Canola Oil	1 lg.	Clove Garlic (pressed)
4 Tbl	Rice Vinegar	6 Tbs	Corn Syrup
3 ½ Tbl	Ginger Root (shredded)	½ tsp.	Salt
1 ¼ tsp	Toasted Sesame Oil	2 Tbs	Water

Combine all ingredients. Refrigerate. This is a very light and flavorful salad dressing.

Honey Mustard Dressing

If you are fruit intolerant the honey and the vinegar may contain fruit. Our clinic sells fruit free honey. You may substitute rice vinegar if necessary.

¾ Cup	Honey	6 TBS	Mustard
1 tsp.	Salt	1 Cup	Oil
½ Cup	Vinegar	1 Medium	Onion, chopped

Combine all ingredients in a blender and mix well. Makes about 1 quart.

Buzz Saw French Dressing

¼ Cup	Canola Oil	½ Cup	Ketchup
2 TBS	White Vinegar (or other if desired)	Salt and Pepper to taste	
¼ Medium	Onion, diced into small pieces		

Mix all ingredients. Blend for desired consistency. Great over spinach leaves! Makes about 1 ½ Cups.

Green Goddess Dressing

½ Cup	Yogurt (Whole Milk/ Brown Cow)	¼ tsp.	Salt
¼ Cup	Parsley, Basil, or Coriander	1 tsp.	Chives, chopped
1 TBS	Rice Vinegar		

Mix ingredients either by hand or in a blender, chopping as necessary. Makes about ¾ Cups.

Enchilada Sauce

4 Tbl	Flour	½ tsp.	Onion Powder
4 Tbl	Oil	3 TBS.	Tomato Paste
2 Cups	Water	2 tsp.	Chili Powder
½ tsp	Sea Salt	Dash	Cumin
½ tsp	Garlic Powder		

Mix flour and oil in skillet. Add water, salt, garlic and onion powder. Simmer until a smooth sauce. Add tomato paste, chili powder and cumin. Be careful not to scorch it or it will be bitter. Can be frozen.

Dr. Zeff's Salsa

6	Tomatoes	1	Medium Onion
15-20	Tomatillos	3-5	Cloves Garlic
6	Anaheim Peppers	3 tsp.	Salt
1	Jalapeno Peppers	½ Cup	Chopped Cilantro

Roasted peppers to brown skin, then peel the papery skin and remove seeds. Chop or dice the onion. Dice the garlic. Chop the tomatoes. Remove husks from the tomatillos and wash them, then quarter them.

Add all ingredients except two tomatoes and the cilantro to a blender or cuisine-art, add salt, and blend to desired consistency. Mix into the blended salsa 2 chopped tomatoes and the chopped cilantro.

This recipe is a chunkier version of this salsa. If you prefer smooth you may throw all of the ingredients into a blender. This makes about three quarts of salsa. You can vary the chili types for different flavors.

Marinara Sauce

1 can	Tomato Sauce (For a fruit intolerance be sure to select a brand that has no citric acid, such as Fred Meyer or Safeway).
½ tsp	Basil
1	Bay Leaf
¼ tsp	Oregano
¼ tsp	Marjoram (spice)

Cook all of these ingredients together, after you have browned the meat of your choice. Let them all simmer until it is ready to serve. You may desire to put in onions or mushrooms as well. For a thicker version of the above sauce, you may also use Tomato paste, keeping in mind to stay away from brands that have citric acid.

Other Sauce Ideas

Sauté Butter and Garlic for a light, yet tasty sauce. Chopped parsley and salt added to this is very tasty too.

Sauté Olive or Canola Oil and Basil for the same affect. You may add diced tomatoes and basil if desired. Salt to taste.

Tofu Mayo

1 Package	Firm Tofu	Honey to taste if desired
1 Pinch	Salt	Basil, Chives, etc., if desired
1 to 2 TBS.	Oil	
1 TBS.	Distilled Vinegar	

Blend in food processor or blender until smooth. Store in refrigerator. Mixes well with tuna for salad or sandwich spread.

Mayonnaise

¾ Cups	(Soy) Milk	Dash	Pepper
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1 ½ Tbs	Lemon Juice or Vinegar	¾ Cups.	Oil
¾ tsp	Salt		

In a blender or food processor, blend together (on high) the milk, lemon juice, salt, and pepper for 1 minute. Add the oil gradually while the blender is running until mayonnaise becomes thick. Store in the refrigerator in clean, dry container with a tight-fitting lid. Will keep for 7 – 10 days. Makes approximately 1 ½ Cups.

Fresh Ketchup

6 Large	Tomatoes	¼ Cups	Oil
¼ tsp.	Onion Powder	½ tsp.	Salt
1 TBS.	Lemon Juice (or distilled vinegar)		
1 TBS.	Honey (may contain fruit)		
Pinch	Crushed Oregano or Celery Seed		

Blend in blender. Good on eggplant or zucchini, roasts, etc.

Simple Ketchup

1 Can	Organic Tomato Paste
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Mix with water to desired consistency. Add salt, honey, or vinegar to taste. Store in a jar or tupperware container in the refrigerator.

SOUPS

Eti's Lentil Soup

Add to ½ pot water:

½	Big red onion, chopped and sauteed
1	Carrot, grated
1 Cup	Orange turkish lentils, washed
1 Tbs	Tomato Paste

Cook until lentils are soft. Season with chicken broth, salt and fresh ground peppercorns.

Add to taste:

Chopped Cilantro, Green Onion, Parsley, and Salsa

Split Pea Soup

3 Cups	Green split Peas	3	Bay leaves
2	Large Stalks Celery, chopped	Pinch	Cayenne
2	Large Carrots, chopped	Dash	Black Pepper
1	Medium Onion, chopped	1 tsp.	Salt
2	Quarts Water	5	Whole Allspice (fruit)

Combine all ingredients except thyme and boil for 30 minutes. Then simmer until peas are soft. Usually about 1 to 1 ½ hours. Add thyme for the last 20 minutes of cooking. Serve hot.

Bok Choy Soup

Wash and cover 1 chicken with water.

Add:

1	Onion
2	Carrots
1	Bay Leaf
3	Cloves of Garlic
2 tsp	Salt

Bring to a boil and then simmer until chicken is tender, 45 minutes to 1 hour. Strain broth and set aside. Cut chicken off bones and chop into bite-sized pieces.

To the broth add:

½ tsp	Rosemary
½ tsp	Thyme
1	Bunch chopped Bok Choy

Cook 15 minutes or so, until the greens are tender. Add the chicken just before serving to warm again.

Fish Soup

Sauté in oil:	1	Medium Onion, chopped	Add:
	1	Large Green Pepper, chopped	1 tsp. Salt
	1	Carrot, chopped	1 tsp. Dried Basil
	2	Stalks Celery, chopped	1 tsp. Rosemary
	1	Clove Garlic, minced	½ tsp. Thyme

Stir well into vegetables, then add:

4 Cups	Chicken or Vegetable Broth
4	Large ripe tomatoes, chopped
2	Bay Leaves

Bring to a boil, reduce heat and simmer for 5 minutes. Add 2 pounds fresh sole or red snapper. Continue to simmer 15 more minutes. Garnish with Parsley.

Gazpacho

5	Large very ripe Tomatoes	¼ tsp.	Cayenne
1	Cucumber	¼ tsp.	Pepper
1	Large Onion	¼ tsp.	Paprika
1	Large Clove Garlic	½ tsp.	Salt
2 Cups	Broth (Beef, Chicken, Vegetables) or water	2 Tbs	Parsley
½ Cup	Rice or Fruit Vinegar	1 Tbs	Basil Leaves
¼ Cup	Oil (Olive if you can have it)		

Mix all vegetables in food processor or a blender. Combine all ingredients. Chill overnight. Serve cold. Sprinkle with croutons atop gazpacho if desired.

If you can wait that long this is the best summer soup! You may want to double or triple the recipe and keep it in the fridge for a couple of days.

MISCELLANEOUS DINNER IDEAS

Turnip French Fries (Doesn't sound good, but they sure taste great!)

2 Turnips; trimmed, peeled and cut into thin strips
1 Tbsp. (Olive) Oil
Salt to taste

Preheat the oven to 425. Place the turnip strips in a large Ziploc bag and drizzle olive oil (or oil of choice) over the turnips in the bag and add any seasonings that you wish to be on the "fries". Seal the bag and shake the contents well to coat the turnips with oil.

Spread the turnips on a non-stick cookie sheet. Sprinkle the "fries" with salt if desired and bake for 45 minutes or until brown and tender. Be sure to turn them several times during the baking process. Serve immediately.

Note: The more ripe the turnips are the softer they will turn out to be. You may need to bake them up to an hour if you prefer them to be crispy.

Eggplant Oven Fries (Very similar to above recipe)

1 Medium Eggplant (peeled)

Combine:

¾ C Whole Grain Bread Crumbs (or you may use crackers)
½ tsp. Dried Basil Leaves
¼ C Grated Parmesan Cheese (Optional)

Toss the eggplant strips in olive oil and roll them in the crumb mixture. Place them on a baking sheet and bake at 375 for 20 minutes.

Flour Tortillas

2 Cups Whole Wheat Flour
½ - 1 Cup Water
pinch salt

Add:

Oil (we don't have exact measurements, play with it a little bit until you reach the consistency you would like)

Mix flour, salt, and oil with fork. Add water slowly, mixing by hand until dough is smooth and soft. Divide into golf-size portions. Roll out into circles. Fry in dry skillet until they bubble a bit. Turn and fry until golden brown. Easy and quick!!

Tofu Lasagna

It is a good idea to mix the tofu, and to make the sauce in the morning, and then in the evening put all of the ingredients together and cook the lasagna.

Mix together the below ingredients and let them refrigerate for at least 6 hours.

1 lb	Soft Tofu
1 tsp	Garlic (heaping)
1 tsp	Basil (heaping)

Mix together the below ingredients and also refrigerate for at least 6 hours.

1 Can	Tomato Paste	1 TBS.	Salt (not heaping)
2 Cans	Water	½ tsp.	Garlic
¼ Cup	Maple Syrup	1 tsp.	Basil

How to prepare: You may use any type of lasagna noodles that you prefer, this recipe was given to us with Vita Spelt White Lasagna Noodles (1 to 3 boxes). Layer the ingredients by starting with a little sauce in the bottom of a 9x11 pan. Put 4 noodles down, then ½ of the tofu, then the sauce. Continue this layering process and then cover the entire top with the red sauce and ¾ cup of water. If you can tolerate dairy you may put cheese in each layer as well. Cover the pan lightly with tin foil and bake at 350 degrees for an hour. Take it out and let it sit for 5 to 10 minutes.

Quiche

Crust:

1 Cup	Barley Flour	1/3 Cup	Canola Oil
1 Cup	Oat Flour	1/3 tsp.	Salt
1/3 Cup	Water		

Press all ingredients from above into pan.

Filling:

4	Cloves (fruit; optional)	½ tsp.	Basil
½	Small Onion	½ tsp.	Mustard powder
2 Tbs	Canola Oil	1/8 tsp.	Fresh Pepper
½ tsp	Salt	2 lb.	Tofu
¼ Cup	Nutritional Yeast		
½ Cup	Tumeric		

Blend all ingredients together.

Lightly steam:

Broccoli
Kale

Rinse under cold water. Add these steamed vegetables to the other filling ingredients. May use spinach or any other vegetable desired.

Notes:

Pre – bake Crust for 10 minutes, then bake the crust and filling together at 350.

Spinach Souffle

3 pkg. Frozen Spinach (Fresh if possible)
(Cook the spinach and drain well)

Sautee:

½	Chopped, Bell Pepper	1 tsp.	Oregano
1 C	Chopped Onion	Salt and Pepper to taste	
Pinch	Garlic		

Mix all of the above ingredients and add 4 eggs, parmesan cheese (or other cheese of choice) to taste, and ½ lb. Monterey Jack cheese (grated). Grease a 10” pan and “pat” the ingredients into the pan. Bake uncovered at 350 for 30 minutes.

Roasted Turnip and Artichoke Hearts with Feta

2 large	Turnips, cut into 1” cubes	½ tsp.	Black Pepper
2 pkgs	Large Artichoke Hearts, quartered	4 oz.	Feta Cheese
3 tsp.	Thyme, ground	½ Cup	Olive Oil
2 tsp.	Garlic Salt	2 Slices	Red Onion

Preheat oven to 425. Combine turnips, artichoke hearts, thyme, garlic, salt, pepper and ¼ c of olive oil in a large bowl, tossing well to coat. Arrange the turnip/artichoke heart mixture on a foil-lined baking sheet. Bake at 425 for 15 minutes. Then, stir or turn the mixture over and drizzle ½ of the remaining olive oil over the top. Return to oven and continue roasting 15 more minutes. Remove and stir the mixture over once again and drizzle the remaining olive oil over the top. Continue roasting for another 10 minutes or until the turnips are tender.

Combine the turnip mixture with the crumbled feta cheese and toss well. Garnish with rings of red onion over the top and serve. Yields 4 cups.

Note: Marinated artichoke hearts and olive oil contain fruit.

CRACKERS**Corn Crackers****Combine:**

2 ½ Cups	Corn Meal	1/8 tsp.	Cayenne Pepper
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1 ½ Cup	Whole Wheat Flour	½ Cups	Sesame Seeds
1 tsp	Cumin	1 tsp.	Salt
½ tsp	Coriander	1 TBS.	Honey (fruit ?)
		1/3 Cup	Oil
Add:	1 Cup of water		

Mix Well. Roll out dough on cornmeal-dusted cookie sheets. Cut into squares, prick with fork, sprinkle with sesame seeds. Bake at 400 degrees 10 – 15 minutes or until browned.

Graham Crackers

1 Cup	Whole Wheat Flour	¼ Cup	Unsalted Butter
1 Cup	Unbleached Flour	¼ Cup	Honey (fruit ?)
1 tsp	Salt	¼ Cup	Milk, Soy, or Almond
1 tsp	Baking Powder		

Combine first 4 ingredients. Pour in butter until the consistency of corn meal is achieved. Stir in honey. Add milk to make the dough stiff. Roll out on pastry cloth, or floured board, until the thickness is about ¼ of an inch. Cut into squares. Prick surface with a fork. Brush with milk. Bake at 400 degrees on ungreased baking sheet about 18 minutes or until golden brown.

Whole Wheat Crackers

1 ¼ Cup	Unbleached Flour	1 tsp.	Baking Powder
1 Cup	Whole Wheat Flour	¾ Cup	Warm Water
1 tsp	Salt	¼ Cup	Oil

In mixing bowl stir together flour, salt and baking powder. Stir in water and oil. Mix until dough can be gathered into a ball. (If needed, add more water, 1 Tbl at a time.) Let dough rest 15 minutes. Roll out onto a floured surface 1/8 inch thick, cut into 2 X 2 squares. Place on oiled cookie sheet. Prick with fork. Bake at 450 degrees for about 7 minutes or until lightly browned.

Cheese Snacks

3/8 Cup	Vegetable oil	¼ tsp.	Dried Sage
1 Cup	Whole Wheat Flour	¼ tsp.	Dried Thyme
1 Cup	Shredded Sharp Cheddar Cheese	Pinch	Cayenne Pepper
½ tsp	Salt	2 or 3 tsp.	Cold Water

Combine oil, flour, cheese, salt, sage, thyme, and cayenne in a medium size bowl. Add water gradually to make a dough. Cover, refrigerate until firm, about 15 minutes. Roll dough on lightly floured surface to make a 12 inch circle. Cut 1 ½ inch round or use a scalloped cookie cutter. Place on ungreased cookie sheets. Prick each cracker with a fork. Re-roll dough to use scraps. Bake in a moderate oven (350 degrees) for 10 to 15 minutes. Remove to wire rack to cool. Store in a tightly covered container.

Cheesy Snack Crackers

½ Cup	Butter or Margarine	1 Cup	Whole Wheat Flour
3 Tbs	Water	¼ tsp.	Salt
1 Cup	Grated Cheese (4 oz)	1 Cup	Oats
½ Cup	Grated Parmesan cheese		

Beat butter, add water, then cheese until well blended. Gradually add flour, salt, and oats, shape into 12 inch rolls. Refrigerate 4 hrs. Cut 1/8 – ¼ inch slices. Bake at 400 degrees for 8 minutes.

Sesame Cheese Strips

1 Cup	Whole Wheat Flour	¼ Cup	Vegetable Oil
¾ Cup	Shredded Sharp Cheddar Cheese	2 TBS.	Sesame Seeds
¼ tsp	Salt	2 TBS.	Ice Water

Blend flour, cheese, salt, and oil in a medium size bowl until crumbly. Add ice water gradually to form a soft dough. Roll dough between 2 pieces of wax paper to make a 15 X 12” rectangle. Remove top piece of paper. Place greased, lightly floured cookie sheet over dough. Invert and remove second piece of paper. Sprinkle sesame seeds over dough; roll lightly with rolling pin to press in seeds. Cut into strips 2 X 1 inches.

Bake them at 375 degrees for 10-15 minutes. Move to wire rack to cool.

MUFFINS, BREADS, AND BATTERS**Pancake or Waffle Batter**

1 ¾	Whole Wheat Flour		
½ tsp.	Baking Soda		
1 tsp.	Salt		
2 Tbs.	Maple Syrup		
1 Tbs.	Oil (or 1 Egg if you do not have an intolerance to them)		

Add milk to desired consistency. Usually takes 1 to 2 cups.

Rye Muffins

1 2/3 Cups	Unbleached Flour	4 TBS.	Caraway Seeds
¾ Cup	Rye Flour	1/3 Cup	Oil
1/3 Cup	Honey (fruit ?)	1 Cup	Water
1 Tbs	Baking Powder	3	Beaten Eggs
1 ¼ tsp	Salt		

Stir together dry ingredients in a bowl. Make sure that it is well in the center. In another bowl mix wet ingredients. Add them all at once to flour mixture, stirring

just until moistened. Spoon into greased muffin tins 2/3 full. Bake at 375 degrees for 20 minutes.

Buckweat Muffins

Mix wet ingredients:

3/4 Cup	Oil	1/2 Cup	Lemon Juice
3/4 Cup	Honey	2	Eggs
1	Medium Carrot, grated	1 1/2 tsp.	Vanilla

Mix dry ingredients:

2 Cups	Buckwheat Flour	1/2 Cup	Grated Coconut
1/2 tsp	Salt	1/2 Cup	Raisins or Currants
1 1/2 tsp	Cinnamon		

Combine wet and dry ingredients. Bake at 375 degrees approximately 20 minutes or until toothpick stuck in the center comes out clean.

Rice and Buckwheat Muffins

Mix the following dry ingredients.

1 Cup	Rice Flour	1 tsp.	Baking Soda
1 Cup	Buckwheat Flour	1/2 tsp.	Salt

Mix all of the following wet ingredients.

1 Tbs	Rice Vinegar	1/4 Cup	Maple
1	Egg, beaten	1/4 Cup	Oil
1 to 1 1/2 Cups	Rice Milk (Until desired consistency)		

Combine all ingredients , fill muffin cups, and bake at 400 for 20 minutes.

Corn Bread

Combine in a large bowl:

3/4 Cup	Whole Wheat Flour	1/2 tsp.	Salt
3/4 Cup	Cornmeal	1 tsp.	Baking Soda

Mix and add:

1/3 Cup	Honey or Maple Syrup
1 Tbs	Rice Vinegar
5 Tbs	Oil
3/4 Cup	Buttermilk, rice milk, or soy milk
2 Tbs	Water

Bake in a 9" pan at 350 degrees 20 minutes or until golden brown. Dr. Zeff calls this the "corn cake" because it is light and sweet.

Scottish Raspberry Bars

2/3 C	Whole Wheat Pastry Flour
½ tsp.	Salt
3 C	Raw Quick-Cooking Oatmeal
½ C	Less 1 TBS Cold-Pressed Vegetable Oil
½ C	Less 1 TBS Maple Syrup
2 tsp.	Vanilla
½ C	Raspberry Jam or Fruit Spread

Sift the pastry flour and salt into the dry oatmeal. Add the oil to the dry ingredients, and mix well. Add the maple syrup and vanilla and mix thoroughly.

Lightly oil a 9-by-9 inch baking pan. Cover the bottom of the pan with half of the batter, pressing firmly into place with fingers. Spread the jam evenly over the batter to cover. Cover with remaining batter. Press gently with your fingers to pack it in tightly and bake at 350 for 35 minutes. Let cool at least 15 minutes and cut into bars.

Honey Gingerbread (Fruit ?)

2 Cups	Flour	¼ tsp.	Salt
1 tsp.	Cinnamon	¼ tsp.	Cloves (fruit; optional)
¾ Cups	Honey (or maple)	6 TBS	Oil
½ + 2 TBS	Water	2 tsp.	Ginger
1 tsp.	Baking Soda	1 TBS	Distilled Vinegar (or rice vinegar)
1 tsp.	Vanilla		

Blend dry ingredients in a mixing bowl, adding liquids (except for vinegar) and mix until smooth. Add vinegar, and pour into a greased, floured 8x8 pan. Bake at 375 degrees for 30 minutes.

Biscuits/ Pizza Dough

4 Cups	Flour	1 tsp.	Soda
1 tsp.	Salt	1 1/3 Cups	Water
2/3 Cups	Oil	1	Egg (or 1 TBS. Lecithin)

Set oven to 375 degrees. For the biscuits, bake on a cookie sheet for 12 to 15 minutes, or until brown on the bottom. For pizza dough, spread on greased cookie sheet, and bake for 14-17 minutes, or until the bottom of the pizza is firm and golden.

Basic Bread**Starter:**

1 Cup	Warm Water
1 Tbs	Yeast (Red Star if potato intolerant)
1 Tbs	Honey or Diastatic Malt

Mix and let set aside to dissolve.

Put 5 cups of very hot water into a bowl and turn on mixer.

Add:

6 Cups Flour and beat with mixer for 5 minutes

Then Add:

¼ Cup Oil
1 tsp Salt

Continue beating for 3 minutes. When dough is cool enough add the starter and beat for another 3 minutes. If mixer has a dough hook add the rest of the flour which will be 7 or 8 cups. If doing by hand or with a regular mixer add only enough flour to roll so you can finish kneading by hand.

Bake in a preheated oven at 150 degrees for 15 minutes or until dough is raised to the top of the pan – turn oven to 350 degrees – do not remove from oven – let bake for 25 minutes and turn oven to 400 degrees for an additional 15 to 20 minutes until desired brown.

Note:

With whole grain flour leave the dough sticky to the hands. In using the unbleached white flour knead in enough flour so the dough will pull free from the hands. If the bread is too crumbly add 1 envelope of Knox gelatin (meat) to the dry yeast at the beginning of the starter. 1 egg with oil will also help with the crumbling. Boiled and mashed potatoes will give the bread a lighter feel.

Bread

1 C + 5 Tbl.	Water	2 ¾ Cup	Flour Spelt or Whole Wheat
2Tbs	Oil	½ Cups	Gluten Flour
4 Tbs	Maple Syrup or Honey	3 tsp.	Salt
3 Tbl.	Milk	3 ½ tsp.	Yeast (Red Star – no potato)

Mix, let rise ½ hour, knead thoroughly, let rise and bake. Or, place in breadmaker. Makes one 1 ½ lb loaf.

Fast and Easy Whole Wheat Bread

5 Cups	Whole Wheat Flour	3 TBS.	Honey
2 2/3 Cups	Water (Luke warm)	4 tsp.	Dry Yeast (Red Star)
¼ Cup	Wheat Germ	½ tsp.	Salt

Mix 3 Tbs. honey into 2 2/3 cup luke warm water and add yeast into the mixture. Set aside for 10 minutes. Mix together whole wheat flour, wheat germ, and salt. Add yeast mixture to dry ingredients. The dough will be sticky. Pour

dough into a non stick loaf pan. Smooth the top with a wet spatula. Allow to raise to the top of the pan. Bake at 400 for 30 to 40 minutes. Cool for 10 minutes on the rack, then turn the bread out of the pan. Cool the bread before slicing.

Pita Bread

3 Cups	Whole Wheat Flour
1 ¼ Cup	Warm Water
1 Tbs.	Dry Yeast (Red Star for potato intolerance)
¼ tsp.	Salt

Sprinkle the yeast into warm water and let it stand for 5 minutes. Combine the warm water, yeast, salt, and flour in a medium size bowl. Knead the dough for 5 minutes. Divide the dough into 8 equal parts and roll it into round balls. On floured wax paper, (be sure to stick the wax paper to the counter top with water) roll the dough balls out until they are about ½ inches thick. Place the dough on non-stick baking sheets. Let the dough rise 20 – 25 minutes. Bake at 500 for 5 minutes. They will puff out during baking. Allow to cool before serving.

Spelt Bread

This recipe is made for a bread machine.

1 ¼ Cups	Water	2 ¾ Cups	Spelt Flour
1 Tbs	Canola Oil	½ tsp.	Salt
1 Tbs	Maple Syrup	1 ½ tsp.	Yeast (Red Star – no potato)

Oatmeal Bread or Cinnamon Rolls

3 Cups	Boiling Water	2 TBS.	Oil
3 Cups	Rolled Oats	1 TBS.	Yeast (Red Star – no potato)
½ Cup	Wheat Germ	½ Cup	Warm Water
¼ Cup	Honey or Maple Syrup	5-5 ½ Cups	Whole Wheat Flour
1 Tbs	Salt		

For Rolls:

Add: Walnuts, Pecans or Sunflower Seeds to taste

½ Cup	Butter or Margarine
½ Cup	Honey or Maple Syrup
Dash	Cinnamon

Combine oats, wheat germ, honey, salt, and oil in a bowl. Pour boiling water over the mixture and let cool to lukewarm. Dissolve yeast in ½ cup warm water. Add to the oatmeal mixture. Add flour cup by cup. Knead thoroughly. When dough begins to get stiff, turn out onto floured surface. Work in remaining flour. Place dough in a greased bowl until it doubles in bulk. Punch down. Shape into loaves. Bake at 350 degrees for 45 to 50 minutes. Makes 2 loaves.

For Cinnamon Rolls:

Roll out the dough into a 9 X 12” rectangle. Mix together honey maple syrup and butter/margarine. Spread over dough. Sprinkle generously with nuts and cinnamon. Roll up lengthwise. Cut into ½” slices. Lay them in an oiled 9 X 12” pan. Let rise until doubled. Bake at 350 degrees for 35 minutes.

DESSERTS

Fruit Crisp

Take mixed berries, or the berry of your choice, and sprinkle 3 or 4 Tbs of sugar, (maple syrup or pure fructose) into the bowl. Mix these ingredients together. You may sprinkle lemon into the mix as well if you desire. Spread the fruit mix into a 8x8 baking dish.

Topping:

½ C	Flour	1/3 Cup	Oil or Butter
2/3 C	Quick Oats	2 TBS.	Maple Syrup
1 tsp.	Cinnamon		

The topping will require you to brake it off into little pieces to sprinkle over the fruit mix. After all of the ingredients have been put into the baking dish, you may either bake the dish at 350 for 10 – 15 minutes, or you may microwave the crisp, uncovered, for 10 minutes.

“Easy” Pie Dough

2 Cups	Whole Wheat Flour	½ Cups	Oil (or butter)
1 tsp	Salt	½ Cups	Milk (any type)

Options: Add sesame seeds, ground walnuts, cinnamon, maple syrup. Mix all ingredients together in medium sized bowl. Divide in half (top and bottom or two bottom crusts) Roll out between waxed paper. Place in (or on top of) pie pan. Bake per directions for your pie.

Note: This dough is oily, but is very quick, easy and works well. Best whole wheat recipe we have found. Pastry and white flour make a more elastic dough. Whole wheat flour may break a little bit. Simply knead with fingers.

Pecan Pie

3 Tbs	Butter	2	Eggs (not optional)
2/3 Cup	Maple Syrup	¾ Cups	Pecans (Halved or chopped)
Dash	Salt		(Walnuts if desired)
¾ Cup	Light Corn Syrup	1	Unbaked Pie Shell
½ Cup	Milk (any type)		

Cream the butter, add sweet stuff and blend well. Add all ingredients except eggs. Add eggs one at a time, blending each well. Stir in nuts. Pour into shell. Bake 10 minutes at 450. Reduce oven to 350, bake 30 minutes.

Pumpkin Pie

Makes 2, 9" pies (deep dish)

2	Unbaked pie shells	1 tsp.	Salt
4	Eggs	2 tsp.	Cinnamon
29 oz.	Pumpkin	1 tsp.	Ginger
1 Cup	Maple Syrup	½ tsp.	Cloves (fruit; optional)
2 Cups	Milk (Cow, Rice or Soy)		

Stewed Rhubarb

4 Cups	Chopped Rhubarb	2 TBS.	Corn Starch
¾ Cup	Maple Syrup	1 tsp.	Cinnamon

Combine all ingredients in medium sauce pan. Cook over medium to low heat. Rhubarb will become soft and saucy quickly. Taste to adjust sweetness. Cook until rhubarb is soft and sauce is thick. Cool and refrigerate. Can be used as topping on ice cream or yogurt. Spread on toast like jam. This is also the base for rhubarb cookies and rhubarb pie.

Rhubarb Pie

1	Unbaked Pie Shell
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Prepare "Stewed Rhubarb" to taste but remove from heat while rhubarb is still a bit firm.

Pour stewed rhubarb into pie shell. Place top crust and crimp edges. Decorate top or simply make steam vents. Bake @ 350 for approximately 40 minutes. Rhubarb will begin to bubble from top vents and crust will be brown.

Rhubarb Cake

¾ Cup	Honey or maple syrup
2 TBS.	Cornstarch or Whole Wheat Flour
4 Cups.	Rhubarb

Bring to a boil and stir for 1 minute. Pour into 8" round baking dish. Sprinkle with 1 ¼ tsp. cinnamon.

Topping Mix:

½ tsp.	Salt	1 ½ tsp.	Baking Powder
1 Cup	Flour	(May use baking powder substitute-	
½ Cup	Honey or maple syrup	1 tsp. baking soda + 1 T rice vinegar)	
¼ Cup	Butter or margarine	½ Cup	Water

Pour over rhubarb and bake at 400 degrees for 20 minutes or until brown.

Chocolate Pudding Cake

1 Cup	Maple Syrup
¼ Cup + 2 Tbs	Cocoa Powder
1 Cup	Flour
2 tsp	Baking Powder (or substitute; see page 1)
¼ tsp	Salt
½ Cup	Milk (Soy, or Rice)
2 Tbs	Melted Butter or Margarine
1 tsp	Vanilla Extract
1 1/3 Cups	Hot brewed coffee or very hot water

Preheat oven to 350. Coat an 8 inch square pan with oil. Mix the maple syrup and 2 tablespoons cocoa with a fork until mixture is lump free. Set aside.

Whisk the flour with the remaining ¼ cup cocoa, baking powder, and salt, set aside.

Beat the milk, butter, and vanilla with an electric mixer until smooth. Add the flour mixture and beat until well mixed.

Scrape the batter into the pan and sprinkle the top with the maple syrup mixture. Pour the coffee or hot water over the batter. Bake for 25 to 30 minutes or until the top looks browned and firm. The bottom of the cake will stay soft and like pudding. Cool for 10 minutes in the pan and then serve directly from the pan. Store the cake in the pan and refrigerate.

Chocolate or Carob Cake

1 ½ Cup	Flour	½ tsp.	Salt
5 Tbs	Cocoa or Carob Powder (unsweetened)	1 tsp.	Baking Soda

Add and mix:

¾ Cups	Maple Syrup	5 TBS	Oil
1 tsp	Vanilla	¾ Cups	Water
1 Tbs	Vinegar (Rice)		

Combine the ingredients well with fork or whisk. Bake in 8 or 9" pan @ 350 for 30 minutes or until tooth pick comes out clean.

For a layered cake: Trace cake pan on waxed paper and cut out to fit into the bottom of the pan. Oil and flour pan and fit waxed paper cut-out in the bottom. Pour in batter and bake as above. Allow to cool quite a bit before removing from the pan. Turn cake over onto your free hand, a plate (with a sheet of waxed paper covering) or wire rack. Remove waxed paper from bottom of cake. Set on wire rack and allow it to finish cooling.

Spice Cake

1 ½ Cup	Flour	1 tsp.	Cinnamon
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¼ tsp	Salt	¼ tsp.	Cloves(fruit; optional)
1 tsp	Baking Soda	2 tsp.	Ginger

Add and Mix:

¾ Cup	Maple	1 tsp.	Vanilla
1 Tbs	Vinegar (Rice)	½ Cup	Water
5 Tbs	Oil		

Combine ingredients thoroughly and bake @350 for 30 minutes. All instructions for chocolate cake (above) apply to this recipe also.

Caramel Glaze**In small sauce pan combine:**

½ Cup	Milk (Whole, Soy, or Rice)	¼ Cup	Maple Syrup
¼ Cup	Butter, Margarine, or oil	¼ tsp.	Baking Soda

(Yes, you can make wonderful caramel without butter)

Optional:

½ tsp	Vanilla
Dash	Cinnamon

Cook in saucepan over medium heat to soft ball stage, stirring constantly. To test for soft ball stage, let a drop or two of glaze fall into a cup of cold water. When glaze holds together and can be pushed with finger without breaking up, it is done. This recipe is suitable for one layer 8 or 9” cake. For a two-layer cake, or large sheet cake, triple this recipe to have plenty between layers and streaming down the sides. Excellent with chopped nuts on top.

Option #2**For Chocolate Caramel Icing:**

Combine all ingredients for caramel glaze (above, except cinnamon) and add approximately 1/3 of one cube of unsweetened baker’s chocolate plus additional maple syrup to taste; approximately ¼ Cup. Add maple in small amounts until the chocolates’ bitter taste is gone. Cook over medium heat, stirring constantly to soft ball stage. See how to test for that stage above.

(I have only worked out proportions for a triple recipe as yet. Although it is good enough that extras go into our refrigerator and used as topping on ice cream or treat as is).

Triple above recipe and add:

1 Cube	unsweetened Chocolate Plus
¼ Cup	Maple Syrup

Follow all other directions as above. Taste when chocolate has melted and adjust sweetener to your taste if needed.

Basic Cookie Recipe**Mix Together:**

3 Cubes	Softened Butter	2 Tbs	Vanilla
2 C	Maple Syrup	1 Tbs	Water
1 tsp	Salt	2	Eggs

Mix Together:

2 tsp	Baking Soda
4 C	Flour
¼ C	Wheat Gluten (Use Gluten if you are unable to use eggs)

Blend with flour mixture and add whatever you desire (walnuts, chocolate chips...). Drop onto cookie sheet and bake for 350 for 15 minutes. Makes about 4 dozen cookies.

Heavenly Chocolate Oatmeal Cookies

1	Large Egg (or substitute)	1 1/8 Cup	Flour
1 Cup	Maple Syrup	½ tsp	Baking Powder
¼ Cup	Vegetable Oil	(alternative if potato intolerant)	
¼ Cup	Vanilla or Coffee Yogurt	½ tsp	Baking Soda
(Whole milk yogurt if potato intolerant)			
1 tsp	Vanilla Extract		
1 tsp	Chocolate Extract		
1 Cup	Quick Cooking Oats (Not instant)		
½ Cup	Cocoa Powder		
¼ tsp	Salt		

Preheat the oven to 350 and coat baking sheets with oil. Beat the egg, maple syrup, and oil with an electric mixer until smooth. Add the yogurt, vanilla, and chocolate extracts, oats, and cocoa powder and beat again. Add the flour, baking powder, baking soda, and salt and beat until well mixed. Let the batter sit for about 10 minutes so that the oats can absorb the liquid.

Drop the batter by rounded teaspoonfuls about 2 inches apart onto the baking sheets and bake for 7 to 8 minutes or until the cookies are slightly puffy and no longer look wet. Cool on a wire rack.

Apricot Drops

1 large	Egg (or alternative)	1 tsp.	Baking Powder
2/3 Cup	Maple Syrup	1 tsp.	Grated Orange Rind
2 Tbs	Vegetable Oil	¼ tsp.	Salt
1 Tbs	Orange Juice	1 Cup	Chopped Dried Apricots
1 Cup	Flour		

Preheat the oven to 350 and coat baking sheets with oil. Beat the egg, maple syrup, oil, and orange rind, and salt and beat until smooth. Add flour, baking powder,

orange rind, and salt and beat until well mixed. Add the apricots and stir to combine.

Drop the batter by rounded teaspoonfuls about 2 inches apart onto the baking sheets and bake for 10 to 12 minutes or until the cookies are lightly browned. Cool on a wire rack.

Andrea's Better Butter Cookies

½ Cup	Almond or Peanut Butter	1/8 tsp.	Salt
½ Cup	Butter or Margarine	¼ tsp.	Baking Soda
½ Cup	Maple Syrup or Honey	1 ½ Cups	Flour
½ tsp	Vanilla		

Cream together butter, maple, nut butter and vanilla. Mix dry ingredients and add to the creamed mixture. Mix well. Drop by teaspoons onto greased cookie sheet. Flatten with a floured fork, making a criss-cross pattern. Bake @ 350 for 10 – 12 minutes.

Butter Pecan Cookies

3 Cups	Flour	1 Cup	Melted Butter or Margarine
½ tsp	Salt	2 tsp.	Vanilla or Almond Extract
½ tsp	Baking Soda	¾ Cups	Pecans, chopped
2/3 Cup	Maple Syrup		

Mix dry ingredients (except nuts). Mix wet ingredients and add to dry. Blend well. Taste and adjust maple as desired. Add and mix pecans. Bake @350 for 10 minutes or until golden brown.

Maple Ginger Snaps

1/3 Cup	Maple Syrup	¼ tsp.	Baking Soda
¼ Cup	Oil	½ tsp.	Cinnamon
1 ¼ Cup	Flour	¾ - 1 ½ tsp.	Ginger
1 tsp	Salt		

Mix syrup, oil and flour together. Add other ingredients. Can be dropped shaped or rolled out on wax paper and cut with cookie cutters. Bake on lightly greased cookie sheet @ 350 for 10-12 minutes.

Optional: Sprinkle with powdered sugar. Especially nice for holidays.

Pumpkin Cookies

1 Cup	Maple Syrup
½ Cup	Oil
1 Cup	Pumpkin (canned or cooked, and pureed)
1 tsp	Vanilla

Mix above ingredients. Add and mix:

½ tsp	Nutmeg (fruit)	¼ tsp.	Ginger
½ tsp	Salt	2 Cups	Flour
1 Tbs	Baking Soda	½ Cup	Nuts (optional)
½ tsp	Cinnamon		

Bake at 350 for 8 minutes. Recommend to taste the dough and adjust it to your taste.

Rhubarb Cookies

Same recipe as Pumpkin cookies, but substitute “Stewed Rhubarb” for the pumpkin. You will be pleased with texture and result. I do not reduce maple or spices when substituting the prepared rhubarb.

Granola Bars

¼ C	Unsulfered Raisins	¼ Cup	Shredded Coconut
1 Tbs	Apple Juice	2 TBS	Vegetable Oil
1 C	Old Fashioned Rolled Oats	2 TBS.	Malt Syrup
¼ C	Fresh Wheat Germ	1 TBS.	Maple Syrup
¼ C	Roasted Peanut Pieces	3 TBS.	Peanut Butter

In a small skillet heat the raisins and apple juice. Bring to a boil, turn off the heat, cover, and let stand until the raisins are plump. Combine the oats, wheat germ, peanuts, and coconut. Add the raisins and mix well with your fingers to make sure the fruit does not stick together. Heat the oil, malt syrup, and maple syrup, stirring until it becomes liquid. Remove from heat and stir in peanut butter. Pour the syrup mixture over the dry ingredients and mix with your hands.

Preheat the oven to 300. Pour the batter into a 9 by 13 inch loaf pan lined with lightly oiled aluminum foil. Press down firmly on batter with the bottom of a small glass, (or your hands). Bake for 20 minutes, cool for 10 minutes, and cut into bars.

Fruit-Free Granola Bars

We don’t have exact measurements for this recipe, but you can get an idea from the above recipe and add to taste.

Mix Together:

Oats – Old Fashioned	Cinnamon
Maple Syrup	Peanut Butter

Chop Up or Grind:

Almonds	Pecans
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Mix the above ingredients together and divide the batter into whichever size bars you prefer. Wrap each “Granola Bar” in wax paper and place them into the

freezer. Simply wait for them to gel together and eat as desired. Great snack for those who are on the go.

Rice Pudding “Dairy Free”

Bring to a boil:

4 Cups Water
¾ Cups Uncooked Rice

Take off of the stove and let sit for 5 minutes, then drain water.

Add:

1 Quart Soy or Rice Milk
½ Cup Maple Syrup
1 tsp Cinnamon

Cook on low heat for 35-40 minutes. Must be uncovered and stirred continuously.