

## Pancakes

<b>Amount</b>	<b>Ingredient</b>
½ cup	All purpose flour
½ cup	Whole wheat flour
½ cup	Oats
1 Tablespoon	Baking powder
¼ teaspoon	Salt
1	Egg
¾ cup (about 5 fresh oranges)	Orange juice (and zest from 2)
½ cup	Milk or alternative dairy
2 Tablespoons	Oil, olive or vegetable (additional needed for pan)
Pancake toppings	Yogurt topping (recipe follows), blueberry compote (recipe follows)

### Method of Preparation:

1. In large bowl combine dry ingredients.
2. In another large bowl combine wet ingredients.
3. Heat and grease large skillet.
4. Add wet ingredients to dry ingredients and stir being careful not to over mix. Let stand for 3-5 minutes.
5. Pour about ¼ cup of batter per pancake into heated skillet and flip once bubbles appear on top and the edges are slightly brown (about 3 minutes per side).
6. Serve warm with desired toppings.

## Yogurt Topping

<b>Amount</b>	<b>Ingredient</b>
1 ½ cup	Plain or Greek yogurt
¼ - ½ cup	Maple syrup or honey

### Method of Preparation:

1. Combine ingredients in a bowl. Add additional sweetener to taste

## Blueberry Compote

Amount	Ingredient
2 cups	Frozen blueberries
½ cup	Pure maple syrup or honey
¼ cup	Lemon juice (1-2 lemons)

### Method of Preparation:

1. Combine berries and sweetener in a medium size saucepan.
2. Mash with a wooden spoon and bring to a boil.
3. Add lemon juice and simmer until it coats the back of a spoon.
4. Cool slightly or chill completely and serve as desired.

## Homemade Goldfish

Amount	Ingredient
8 Tablespoons (1 stick)	Butter, unsalted, cubed, chilled
16 ounces	Sharp cheddar cheese, shredded
2 cups	Flour
1 ½ teaspoons	Salt
4 Tablespoons	Water

### Method of Preparation:

1. In a food processor, pulse everything together (except water) until dough begins to resemble coarse sand.
2. Add water 1 tablespoon at a time until dough begins to form.
3. Remove dough from processor and wrap in plastic. Refrigerate for at least 20 minutes.
4. Preheat oven to 350°F and line two or three large baking sheets with parchment paper.
5. Roll out dough and cut into desired shapes.\*\* Place on baking sheet.
6. Bake for about 15 minutes or until crispy.

\*Makes about 14 dozen

\*\*Any small cookie cutters or icing tips can be used, but another fun project would be to cut thin strips from leftover aluminum cans. Once cut, form into small fish or Pac Man

## Pickles

<b>Amount</b>	<b>Ingredient</b>
1 quart	Vinegar
½ cup	Pickling spice
¼ cup	Peppercorns, whole
1/3 cup	Salt
½ cup	Sugar, granulated
¼ cup	Garlic, cloves, whole
½ bunch	Dill
½	Onion, diced
2 each	Cucumbers

### Method of Preparation:

1. Combine all ingredients except cucumbers in a medium size stockpot and bring to a roaring boil.
2. Slice cucumbers about a ¼ - ½ inch thick and place in mason jar or sealable, heat proof container.
3. Carefully, pour boiled pickling liquid over sliced cucumbers leaving about an inch of space below the lip of the jar's lid.
4. Leave at room temperature for about 20 minutes and then transfer to refrigerator. Chill overnight, serve, and store.

Note: Pickling Spice is sold in the spice section at almost any supermarket, but if you are unable to find it for whatever reason it includes: cinnamon, allspice, mustard seed, coriander, bay leaves, ginger, chili peppers, cloves, black pepper, mace, cardamom

## Strawberry Jam

<b>Amount</b>	<b>Ingredient</b>
18 ounces	Strawberries, fresh or frozen (any mixture of berries can be used)
12 ounces	Brown sugar
1 ounce	Lemon juice

### Method of Preparation:

1. If using fresh berries, wash and remove stem. Cut into quarters.
2. Combine all ingredients in a medium size saucepot. Turn heat on medium-high and crush berries continuously with a wooden spoon.
3. Bring to a boil and simmer until thickened.
4. Cool slightly and carefully transfer to a mason jar or sealable, heat proof container

Note: If using frozen berries, they will take a few more minutes to cook down.

## Flavored Water

<b>Amount</b>	<b>Ingredient</b>
1 quart	Water
Optional additions:	
	Lemon
	Lime
	Berries
	Cucumber
	Melon
	Herbs (basil, mint etc.)

### Method of Preparation:

1. Put water in a large pitcher.
2. Slice any large fruits/vegetables into medium size pieces.
3. Add to water and allow it to infuse at room temperature for at least 30 minutes. (A longer infusion will have a deeper flavor)
4. Chill completely and serve.

## Baked Flaked Chicken

<b>Amount</b>	<b>Ingredient</b>
1 pound	Chicken tenders
½ cup	Whole wheat flour
Desired seasonings ½-1 teaspoon each	
	Paprika
	Garlic powder
	Chili powder or flakes
	Oregano
½ teaspoon	Salt
1 teaspoon	Pepper
4	Eggs
1 ½ cups	Cornflakes cereal

### Method of Preparation:

1. Preheat oven to 375°F.
2. Line large sheet pan with parchment paper.
3. In medium bowl combine flour with desired seasoning.
4. In medium bowl beat eggs with a fork.
5. In medium bowl, crush cornflakes.
6. Dip each piece of chicken into flour, then egg, then cornflakes.  
Make sure each piece is fully coated.
7. Place coated chicken tenders on prepared sheet pan and bake for 20-25 minutes or until internal temperature reaches 165°F.

## Mac N Cheese

<b>Amount</b>	<b>Ingredient</b>
1 pound	Elbow pasta
1 pound	Sharp cheddar, shredded
½ cup	Greek yogurt
½ cup	Ricotta cheese
To taste	Salt
To taste	Pepper
½ teaspoon	Onion powder
½ teaspoon	Garlic powder

### Method of Preparation:

1. Bring a large pot of water to a boil. Salt heavily. Add pasta and cook for 6-8 minutes or until al dente.
2. Strain pasta and reserve about 1 cup of the water. (Tip: place a bowl or cup under your colander/strainer to catch the pasta water as you strain)
3. Return pasta to the pot with about ½ cup of reserved water. Stir in cheese and remaining ingredients.
4. Add remaining cup and return pot to heat. Stir continuously until cheese is completely melted and mixture is very creamy.
5. Season to taste and serve immediately.

## Roasted Brussel Sprouts

<b>Amount</b>	<b>Ingredient</b>
1 pound	Brussel sprouts, fresh or frozen
¼ - ½ cup	Olive or vegetable oil
½	Lemon, juiced
½ teaspoon	Salt
½ teaspoon	Pepper
1 teaspoon	Garlic powder
1 teaspoon	Oregano
½ teaspoon	Red pepper flakes

### Method of Preparation:

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. If using fresh brussel sprouts, trim and clean.
3. In a large bowl combine oil with seasonings. Add brussel sprouts.
4. Spread onto baking sheet and bake for 20-30 minutes until greens become very crispy. Cool slightly and serve.

## Biscuits

<b>Amount</b>	<b>Ingredient</b>
4 cups	Whole wheat flour
8 teaspoons	Baking powder
1 teaspoon	Salt
1 teaspoon	Garlic powder (optional)
½ cup (1 stick)	Butter, unsalted, cubed, chilled
1 ½ cups	Cheddar, grated (optional)
1 - 1 ½ cups	Buttermilk, regular milk, or non dairy alternative

### Method of Preparation:

1. Preheat oven to 450°F and line a baking sheet with parchment paper.
2. Combine first 4 ingredients in a medium bowl.
3. Use your hands to cut the butter into the flour mixture until coarse crumbs are formed. Stir in grated cheese.
4. Add ½ cup of milk to start and mix. Add additional if needed for dough to come together. \*should not be too wet and be careful not to over mix - dough should just come together
5. Drop the biscuits on prepared sheet pan and flatten slightly.
6. Bake for 10-15 minutes until lightly browned. Dip or brush butter onto warm biscuits and serve.

## Honey Butter

<b>Amount</b>	<b>Ingredient</b>
¼ cup (1/2 stick)	Butter, unsalted
¼ cup	Honey
½ teaspoon	Salt

### Method of Preparation:

1. Combine all ingredients in a small saucepot over medium heat until melted. Brush over warm biscuits or dinner rolls.

## Vanilla Cupcakes

<b>Amount</b>	<b>Ingredient</b>
1 ½ cups	All purpose flour
1 ½ teaspoons	Baking powder
¼ teaspoon	Salt
2	Eggs
2/3 cup	Granulated sugar
1 ½ sticks (6 ounces)	Butter, unsalted, melted
2 teaspoons	Vanilla
½ cup	Milk
Toppings:	
	Buttercream (recipe follows)
	Sprinkles
	Chocolate Chips

### Method of Preparation:

1. Preheat oven to 350°F. Line one 12-cup standard size muffin tin with cupcake liners.
2. Whisk first 3 ingredients together in a medium bowl.
3. In another medium bowl or electric mixer, beat eggs and sugar about 2 minutes. While beating, stream in melted butter and vanilla.
4. Turn mixer to lowest setting and add half the dry ingredients. Then add all the milk followed by the remaining dry. Make sure to stop the mixer and wipe down the sides after each addition.
5. Divide batter evenly in prepared tin.
6. Bake about 20 minutes or until toothpick inserted is removed clean. Cool completely and decorate as desired.



## Chocolate Cupcakes

Amount	Ingredient
½ cup	Cocoa powder, unsweetened
¾ cup	All purpose flour
½ teaspoon	Baking soda
¾ teaspoon	Baking powder
¼ teaspoon	Salt
2	Eggs
½ cup	Granulated sugar
½ cup	Light brown sugar
1/3 cup	Vegetable oil
2 teaspoons	Vanilla
½ cup	Milk
Toppings:	
	Buttercream (recipe follows)
	Sprinkles
	Chocolate Chips

### Method of Preparation:

1. Preheat oven to 350°F. Line one 12-cup standard size muffin tin with cupcake liners.
2. Whisk first 5 ingredients together in a medium bowl.
3. In another medium bowl or electric mixer, beat eggs and sugars about 2 minutes. While beating, stream in oil and vanilla.
4. Turn mixer to lowest setting and add half the dry ingredients. Then add all the milk followed by the remaining dry. Make sure to stop the mixer and wipe down the sides after each addition.
5. Divide batter evenly in prepared tin.
6. Bake about 20 minutes or until toothpick inserted is removed clean. Cool completely and decorate as desired.

## Buttercream

<b>Amount</b>	<b>Ingredient</b>
2 sticks	Butter, unsalted, room temperature
3 cups	Confectioner sugar
1 teaspoon	Vanilla extract
2-3 Tablespoons	Heavy cream or milk
Optional additional:	
1 lemon	Zest and Juice
½ cup	Cocoa powder, unsweetened
¼ cup	Jam (any favorite flavor)
½ cup	Cream cheese (in place of 1 stick of butter)

### Method of Preparation:

1. In a mixer, cream the butter until very fluffy (at least 3 minutes).
2. Gradually add the sugar, ½ cup at a time.
3. Add vanilla and any other desired flavorings.
4. Add cream at the end to achieve desired consistency.
5. Frost or refrigerate and save for later use.