

5. 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
1/2 cup **whole wheat flour**
1/4 cup ground flaxseed
1/4 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

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 350⁰ F.
Makes 2-3 dozen.

Helpful hint: If you put the cookies in before the oven is 350--or use too much coconut oil--they may be runny & thin.

6. Banana Bread

(takes about 70 minutes)

1 egg
1/2 cup coconut 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 (optional)
2-3 mashed bananas
1 1/2 cups **whole wheat flour**
1 tsp baking soda
1 tsp baking powder

optional ingredients:

1/2 cup chopped walnuts
1/2 cup chopped pecans
1/2 cup dates or cranberries
1/4 cup toasted wheat germ
1/4 cup ground flax seeds

Combine ingredients *(always add the baking soda last)*, and put into an oiled 9x5 loaf pan. Bake for 55-60 minutes at 325⁰ F. Makes 1 loaf.

Helpful hint: Pressing parchment paper into the bread pan (use a little water under it to make it 'lie down') prevents the bread from sticking to the pan.

6 Healthy Grain Recipes

There is a HUGE nutritional difference between store-bought **shelf-stable** FLOUR and **fresh ground** FLOUR.

(An electric or non-electric grain mill is a good investment in your health because the nutritional value of grains disappears quickly after it is ground (unless it is cooled & frozen immediately after milling).

Whole Wheat Flour: the wheat germ **IS NOT REMOVED**--and without additives, it becomes rancid, contributing to a host of health disorders—including food sensitivities, skin, digestive, eliminative & even respiratory problems.

White Flour: wheat germ **IS REMOVED**, so the vitamin E and all its health benefits are gone. Enrichment is done with synthetic nutrients--and isn't the same.

*This brochure is available free online at:
<http://2-acres.com/Ginger>
and is updated from time to time, so if you find mistakes, please let me know. Thank you!
<ginger@2-acres.com>*



1. 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**

Optional crust ingredients: powdered: onions, fresh or dried parsley, garlic, 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 (*for thin crust*) or 1 oven-proof large casserole dish (*thick crust*).

Pre-bake crust for 5 minutes at 425⁰ F before adding toppings.

Toppings:

Top with tomato sauce, mozzarella cheese, then onions, olives, mushrooms, meats, and lots of herbs (parsley, oregano, chives...)

Bake in **PREHEATED*** 450⁰ oven (350⁰ for glass pans) for about 20 minutes or until cheese totally melts.

Note: 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.

2. 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 date 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.

3. 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 F for 12 minutes.

- 2 cups **whole wheat flour**
- 1/4 cup butter (*1/2 stick*)
- 1/2 cup *buttermilk
- 1 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp baking powder

*or substitute: regular milk plus 1 tbsp. raw vinegar (*helps the baking soda rise*).



4. High Protein Bread

(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 stir into a bowl with:

- 2 cups** hard winter wheat flour
- 2 tbsp live active yeast
- 1 tbsp salt
- 1 egg
- *5 cups** spring white wheat flour

Stir until sticky ball is formed. Begin slowly adding the 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 lukewarm (not hot) 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.*)

*Flour: If you only have one kind of grain, that's fine to use--spring white wheat just makes the bread less dense.