

CRUNCHY WHEAT CEREAL

Makes approximately 5 cups cereal and 2 cups crumbs

6 cups whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1 cup brown sugar
2 cups buttermilk (2/3 cup powdered milk, 2 cups water,
2 tablespoons vinegar or lemon juice)

Mix ingredients thoroughly. Press evenly into two ungreased cookie sheets. Bake at 350° until golden brown around edges. Turn over with spatula, break into small pieces and return to 200° oven to dry out thoroughly. Grind chunks in food or meat chopper on coarse blade. Put ground chunks in strainer and sift out small granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used as you would graham cracker crumbs for pie crusts and other desserts.

Variations

Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor. Poultry stuffing can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules. Make salad toppers by adding garlic salt, onion powder, salt, or other favorite condiments. You can even make dog and cat food by reducing sugar and adding bouillon, then breaking up to the appropriate size.

BREAKFAST CEREAL

Use wheat either whole or cracked with raisins, honey, or brown sugar. One cup of wheat makes 4 to 6 servings.

Thermos Method

1 cup whole wheat 2 cups boiling water
1/2 teaspoon salt

Place in quart-size thermos; screw top lightly. Leave overnight.

Gas Range Method

1 cup whole wheat 2 cups boiling water
1/2 teaspoon salt

Place ingredients in a pan over the pilot light all night.

Crock Pot Method

1 cup whole wheat 2 1/2 cups water
1/2 teaspoon salt

Cook 6 to eight hours or overnight on low.

Cracked Wheat Method

1 cup cracked wheat 2 1/2 cups water
1/2 teaspoon salt

Bring to a boil. Cook covered on low for 10 to 20 minutes. Cook enough whole wheat to last a week. It may be tightly covered and stored in the refrigerator up to two weeks.

INSTANT OATMEAL PACKETS

Makes 10 packets of Instant Oatmeal

To make individual instant packets:

Blend 1/2 cup of oats until powdery.

Into each of the 10 packets (perhaps individual ziplock sandwich bags), combine the following ingredients:

1/4 cup unpowdered oats
2 tablespoons powdered oats
1/8 teaspoon salt
1 teaspoon sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking:

Empty packet into microwaveable bowl. Add 2/3 cup water or milk. Microwave at HIGH about 1 1/2 minutes; stir.

Conventional directions for cooking:

Empty packet into bowl. Add 1/2 cup boiling water; cook and stir over heat until thickened.

MUESLI

4 cups quick cooking rolled oats
1 cup wheat flakes
1 cup chopped nuts
1 cup Crunchy Wheat Cereal (optional)
Dried apples, apricots, or other fruit.

Mix together and put in covered container. Keep fruit separated until ready to serve.

OATMEAL RAISIN MUFFINS

1 egg
3/4 cup milk
1 cup raisins
1/2 cup vegetable oil
1 cup white or whole wheat flour
1/3 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1 cup rolled oats

Heat oven to 400°. Grease bottoms only of about 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

OATMEAL BREAD

Makes 2 loaves

1/2 cup warm water
2 tablespoons active dry yeast
3/4 cup water, boiling
3/4 cup rolled oats
1 cup buttermilk (or 1/3 cup powdered milk, 1 cup water,
1 tablespoon vinegar or lemon juice)
1/3 cup vegetable oil
1/2 cup honey or molasses
2 cups all-purpose flour
1 tablespoon salt
1/2 teaspoon soda
3 to 3 1/2 cups all-purpose flour

In small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring 3/4 cup water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses.

Sift flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 minutes.

Form into loaves and place in greased 8 x 4-inch pans. Cover and let rise until double in bulk. Bake at 350° for 45 to 50 minutes or until done. Remove from oven and turn out to cool on wire rack.

WHEAT MUFFINS

Makes 12 muffins

2 cups wholewheat flour
1/2 cup brown sugar
1/4 teaspoon salt
1 teaspoon soda
1 cup milk (1/3 cup powdered milk and 1 cup water)
1 square melted margarine
1 egg
1 teaspoon vanilla

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350° for 15 minutes.

CORN BREAD

Makes one loaf

1 2/3 cups flour
1/3 cup sugar
5 teaspoons baking powder
1 teaspoon salt
1 2/3 cups yellow cornmeal
2 eggs, beaten
1 2/3 cups milk
1/4 cup margarine, melted

Mix flour, sugar, baking powder, and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted butter just until blended. Do not over stir. Pour into well-buttered 9 x 5 x 3 loaf pan. Bake at 425° for 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, loosen around edges and turn out to cool.

DELICIOUS OATMEAL PANCAKES

Makes 8 to 10 pancakes

1/2 cup whole wheat flour
2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons sugar
1/3 cup nonfat powdered milk
2 eggs, separated
1 cup water
3 tablespoons vegetable oil
1 cup rolled oats

In medium bowl, combine flour, baking powder, salt, sugar and powdered milk; stir until well blended. In small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine egg yolks, water, oil, and oats; beat slightly and allow to stand 5 minutes, then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 tablespoons batter onto griddle, or pour 1/4 measuring cup full, if larger pancakes are desired.

Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°. Put small amount of wheat (about 1 1/2 cups) in a wire basket or strainer and deep fry in hot oil for 1 1/2 minutes or until popping ceases. Drain on absorbent paper.

Variations

Season with salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combinations you desire. These morsels are great on salads as a topping, mixed with trail mix, or as toppings for desserts or just as a snack.

Chocolate Chip Cookies ("B" Choice)



- 2/3 cup applesauce, lightly sweetened or unsweetened*
 2/3 cup pureéd beans (See * at bottom of p. 204.)
 2/3 cup sugar*
 2/3 cup brown sugar*
 4 egg whites
 2 teaspoons vanilla
 3 cups flour, whole-wheat
 1 teaspoon soda
 1 teaspoon salt
 1 cup chocolate chips*

Chocolate Chip Cookies

Calories per serving: 71
 Fat grams per serving: 1
 Fat percentage: 13%
 Number of servings: 48
 Serving size: 1 cookie

*Prepare beans in advance. This recipe may take slightly longer than 15 minutes to prepare.

Heat oven to 375 degrees. Mix applesauce, pureéd beans, sugars, egg whites, and vanilla. Stir in remaining ingredients. Drop dough by rounded teaspoons 2 inches apart onto a baking sheet coated with nonstick cooking spray. Bake 8 to 10 minutes or until light brown. Cool slightly before removing from baking sheet.

*If you are diabetic use unsweetened applesauce and replace the sugars with 2/3 cup apple-juice concentrate and 2/3 cup pineapple-juice concentrate. Then increase the flour by 1 to 1 1/3 cups to balance out the solids and liquids. Replace the chocolate chips with 2/3 cup raisins.

Remember to have fun experimenting with recipes. Feel free to make moderate changes so that the recipes better fit your individual tastes and needs.

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Marvelous Muffins ("A-" Choice)



- 1 1/2 cups flour, whole-wheat (white wheat—see page 61)
 3/4 cup rolled oats
 1 teaspoon baking soda
 1 teaspoon baking powder
 1/2 teaspoon salt
 2 egg whites, slightly beaten
 1/2 cup skim milk
 2 tablespoons "good" oil (see page 280)
 1/2 cup honey* or 2/3 cup sugar*
 1/2 cup applesauce, lightly sweetened*
 1/2 cup pureéd beans**

Marvelous Muffins

Calories per serving: 148
 Fat grams per serving: 3
 Fat percentage: 18%
 Number of servings: 12***
 Serving size: 1 muffin

These muffins may take 15 to 20 minutes to make if the beans are prepared in advance.

In a mixing bowl combine flour, oats, soda, baking powder, and salt. Make a well in the center. In a separate bowl combine egg whites, milk, oil, honey, applesauce, and pureéd beans. Add all at once to flour mixture. Stir just until moist, allowing batter to be lumpy. Line muffin tin with paper baking cups. Fill 2/3 full. Bake at 375 degrees for 15 to 20 minutes or until lightly browned. Remove from pans and serve warm. Makes 12 muffins.

*If you are diabetic, suffer from a sugar allergy, or are highly resistant to fat loss, replace the honey or sugar with 1/4 cup frozen concentrated apple juice and 1/4 cup frozen concentrated pineapple juice. (Add 2 to 4 tablespoons of additional flour if batter looks too thin.) Use unsweetened applesauce. You now have an "A" Choice.

**Purchase canned white beans and finely pureéd them in your blender. The consistency should be like thick wall-paper paste or creamed shortening and sugar. If the consistency is too thick, add 1 to 3 tablespoons of water or liquid left over from the beans.

***I always make extra muffins and freeze them in freezer bags for quick future use. And remember, do not SNACK on grains first. Snack on veggie-based foods first to accelerate excess fat loss! Then, if you're still hungry, add in the grains, proteins, and fruits.

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Granola

2 1/4 cups oatmeal (regular or quick, uncooked)
1/2 cup dry milk powder
1/2 cup nuts
1/2 cup wheat germ
1/4 cup MARGARINE, MELTED
1/4 cup honey
1/2 cup raisins, opt.
1/4 ~~1/2~~ brown sugar, packed

Heat oven to 300 degrees. In a large bowl combine all ingredients except raisins. Spread on cookie sheet sprayed with Pam. Bake about 30 min. stirring occasionally. Cool. Serve as breakfast cereal or snack. Store in an airtight container.

Mud Bars

1 cup + 2 Tblsp. whole wheat flour
1/2 tsp. baking powder
1/2 tsp. salt
1 stick butter, softened
3/4 cup brown sugar, packed
1 tsp. vanilla
1 egg
6 ounces choco. chips
1/2 chopped nuts

Heat oven to 375. Cream butter, brown sugar, and egg. Add vanilla and dry ingredients. Add Choco. chips and nuts. Spread in a foil-lined 9" pan. Bake 20-22 min. Cool and cut into bars.

Perfect Pancakes

2 eggs	1/4 cup sugar
1/3 cup oil	1/2 tsp. salt
1 cup buttermilk	2 tsp. baking powder
1 cup milk	1 tsp. soda
	2 cups whole wheat flour

Beat eggs, oil, buttermilk and milk. Add dry ingredients. Mix just enough to make creamy batter. Makes 18 4" pancakes.

Hot (Potato-Like) Drink

Spread on cookie sheet and bake on 250 until burned. Remove from oven and put in boiler on top of stove. Cover with water and boil until drink is as dark and strong as you desire. Serve with cream and sugar.

Wheat Crunchies

Heat 1 1/2 Tblsp. oil in skillet. Add 1/3 cup whole wheat kernels. Cook and stir on medium-high heat until kernels slightly pop. Be careful not to burn. Drain on paper towels and sprinkle with salt. Use as snack or Salad topping.

Compliments of Susan Harris, Auburn