

Breads and Breakfast



Streusel Topping

Traci Horany Bayer

This is also great as a topping for pumpkin pie.

1/2 cup old-fashioned oatmeal	3/4 cup brown sugar
1/2 cup quick-cooking oatmeal	6 Tbsp. butter, softened
1/2 cup flour	

Blend dry ingredients together, add butter and blend until crumbly. Sprinkle on top of pumpkin or banana bread or muffins before baking. *This makes enough topping for 2 loaves of bread.*

Whole Wheat Bread

Grandma's recipe

1 package yeast	1 Tbsp. salt
2 3/4 cups very warm water	3 Tbsp. oil
1/2 cup honey or brown sugar	5 to 6 cups whole wheat flour, divided

Put yeast and warm water in large bowl and let stand 10 minutes. Add brown sugar or honey and salt and let sit a few minutes. Add oil and 3 cups of whole wheat flour and beat with spoon. Add 2 more cups flour and mix. Work in another cup of flour, if needed. Knead and then let rise in bowl for 1 to 2 hours until double in size. Divide dough in 2 loaves and put into loaf pans that have been sprayed with Pam. Let rise again until double, approximately 1 hour. Bake at 350° for 35 to 45 minutes.

Grandma's Whole Wheat Bread

Patricia Cooper

2 pkgs. yeast	1 Tbsp. salt
2 $\frac{3}{4}$ cups warm water	3 Tbsp. oil
$\frac{1}{2}$ cup brown sugar or honey	5-6 cups whole wheat flour, divided

Put yeast and warm water in bowl and let stand for 10 minutes. Add brown sugar or honey and salt. Let sit a few minutes, and then add oil and 3 cups flour. Beat with wooden spoon; then add another 2 cups flour. Work in another cup of flour if needed.

Let rise 1 to 1 $\frac{1}{2}$ hours. Divide dough into 2 loaves. Let rise again until doubled in size, about 1 hour. Bake at 350° for 40 to 45 minutes. Check at 30 minutes.

French Bread

Stephanie Collins

1 loaf French bread	1 tsp. mustard
2 Tbsp. lemon juice	Muenster cheese
1 stick butter	
1 Tbsp. poppy seeds	

Slice loaf of French bread sideways and once lengthwise down the middle.

Preheat oven to 350°. Heat lemon juice, butter, poppy seeds, and mustard until butter melts. Pour over X's in bread. Put a slice of Muenster cheese in each X. Wrap in foil and bake for 30 minutes. May be prepared ahead of time.



*Cooper Family
Cory, Stephanie, Jerry, Patricia and Stacy*

Greek Bread

Stephanie Collins

- | | |
|---|--|
| 1 (8 oz.) pkg. cream cheese | 1 pkg. (4 oz.) feta cheese, |
| 2 Tbsp. mayonnaise | crumbled |
| 2 tsp. Greek seasoning | 1 can sliced black olives |
| 1 (16 oz.) loaf unsliced French
bread, cut down middle | ½ cup pepperonccini peppers,
sliced |

Preheat oven to 375°. Combine first 3 ingredients, stirring until smooth. Spread mixture on each half of bread. Sprinkle feta, olives, and peppers on top. Bake for 15 to 20 minutes.

Bread Sticks

Patricia Cooper

- | | |
|-------------------------------------|---|
| 1 pkg. hot dog buns, cut in fourths | 2 tsp. garlic salt |
| 1 stick butter | Dash of Worcestershire sauce |
| Juice of 1 lemon | Parmesan cheese, chili powder, paprika (optional) |

Melt butter, and add lemon juice, garlic salt, and Worcestershire sauce. Baste buns with butter mixture. Bake at 200° for 2 hours or at 350° for 1 hour. The last 30 minutes, sprinkle tops with Parmesan cheese (you can add chili powder or paprika).

Parmesan-Parsley Biscuit Flatbreads

Traci Horany

- | | |
|--|--------------------------------------|
| 1 (16.3 oz.) can refrigerated jumbo biscuits (Grands Biscuits) | 1 ½ tsp. chopped fresh parsley |
| 2 Tbsp. olive oil | Pinch of kosher salt |
| 1 Tbsp. freshly grated Parmesan cheese | Pinch of freshly ground black pepper |

Separate biscuits into individual rounds. Pour olive oil onto a baking sheet. Dip both sides of each biscuit in oil and arrange on baking sheet. Using fingertips, press each biscuit into a 4-inch flat circle. Sprinkle each flattened biscuit with Parmesan cheese, parsley, and salt and pepper. Bake at 400° for 10 to 12 minutes or until golden brown. Cut each biscuit into about ½- to 1-inch wide strips.

Cream Cheese Bread

Patricia Cooper

4 pkgs. crescent rolls	1/2 tsp. vanilla
2 (8 oz.) pkgs. cream cheese, room temperature	1 tsp. lemon juice
3/4 cup sugar	1 egg, separated

Mix cheese, egg yolk, vanilla, sugar, and lemon until smooth. On ungreased cookie sheet, lay 1 package of rolls, pinching seams together. Spread cheese mixture on rolls. Place second package of rolls on top. Brush with egg white. Bake at 350° for 20 minutes. Dust with powdered sugar. *This recipe makes 2 loaves and can be served warm or cold.*

Hot Roll Dough

Patricia Cooper

(for coffee cake, donuts, kolaches, etc.)

1 1/2 cups warm water	2 tsp. salt
2 pkgs. yeast	1 egg
1/2 cup sugar	4 1/2 cups flour
1/2 cup oil	

Mix all ingredients together (better with mixer until it gets too thick to mix). Let rise twice. Form into roll of your choice and bake at 400°. Do not knead! Dough is a soft dough, and can be rather messy, but it's delicious.

Signature Pizza Crust

Lindsey Pilarczyk

2 ¼ tsp. active dry yeast	1 tsp. salt
½ tsp. brown sugar	2 Tbsp. olive oil
1 ½ cups warm water (110°)	3 ⅓ cups all-purpose flour, divided

In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes. Stir the salt and olive oil into the yeast solution. Mix in 2 ½ cups of the flour.

Turn dough out onto a clean, well floured surface, and knead in more flour until the dough is no longer sticky. Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out. Use for your favorite pizza recipe.

Preheat oven to 425°. If you are baking the dough on a pizza stone, you may place your toppings on the dough, and bake immediately. If you are baking your pizza in a pan, lightly oil the pan, and let the dough rise for 15 to 20 minutes before topping and baking it.

Bake pizza in preheated oven, until the cheese and crust are golden brown, about 15 to 20 minutes. *This recipe will make two 12-inch pizzas and is easy to cut in half!*

Aunt Margaret's Rolls

Patricia Cooper

- | | |
|---------------------|---------------|
| 1 stick oleo | 2 pkgs. yeast |
| 1 cup boiling water | 1 Tbsp. salt |
| 1 cup milk | 6 cups flour |
| ½ cup sugar | |

In large bowl, put oleo. Pour water over oleo to melt; add milk. Dissolve yeast in mixture. Add sugar and salt. Slowly add flour and mix well. Let rise for 1 hour. Roll in balls and put in buttered pan. Let rise 30 to 40 minutes bake at 400° for 20 minutes.

For Cinnamon Rolls: Roll half of dough 20 inches long. Spread mixture of 1 ½ teaspoon cinnamon and ½ cup sugar on dough that has melted butter on it. Cut into 1-inch slices and bake.

This recipe makes 40 rolls. You can use half the dough for a pan of plain rolls and half the dough for cinnamon rolls. Put 20 rolls each in a 9x13-inch pan.

Biscuits

Patricia Cooper

- | | |
|---------------------------------|---------------------------------|
| 3 cups sifted flour | 1 pint (2 cups) buttermilk |
| 1 tsp. salt | <i>(sometimes I use it all,</i> |
| 1 tsp. baking soda | <i>sometimes I don't – not</i> |
| 4 tsp. baking powder (not level | <i>gummy)</i> |
| but not overflowing) | 2 Tbsp. butter |
| 7 Tbsp. Crisco | |

Sift flour, salt, baking soda, and baking powder together. Cut in Crisco. Add buttermilk. Pour on floured board. Roll out and cut out biscuits. Melt butter in cookie sheet. Dip biscuits in and turn over once. Bake at 450° for 12 minutes.

Cream Cheese Braid

Patricia Cooper

1 (8 oz.) container sour cream,
warmed

½ cup sugar

½ cup butter, melted

1 tsp. salt

2 pkgs. dry yeast

½ cup warm water

2 eggs, beaten, room
temperature

4 cups flour

Filling:

2 (8 oz.) pkgs. cream cheese

¾ cup sugar

1 egg, beaten

½ tsp. salt

2 tsp. vanilla

Glaze:

2 cups sifted powdered sugar

¼ cup milk

2 tsp. vanilla

Combine sour cream, sugar, butter, and salt in large bowl. Mix well and add eggs. Mix in dry ingredients, excluding flour. Gradually stir in flour (dough will be soft). Cover tightly and chill overnight.

Mix filling ingredients well with mixer. Divide dough into 4 equal portions. Turn each portion on floured surface and knead 4 to 5 times. Roll into a 12x8-inch rectangle. Spread ¼ filling over each, leaving ½ inch around edges. Roll in jelly-roll fashion. Pinch edges and ends to seal.

Carefully place rolls, seam side down, on greased baking sheet. Make 6 equally spaced X-shaped cuts across top of each loaf. Cover and let rise for 1 hour. Bake at 375° for 15 to 20 minutes. Mix glaze ingredients well; spread glaze on loaves while warm.

Pumpkin Nut Muffins

Stephanie Collins
(Paleo friendly)

- | | |
|--|--|
| ½ cup coconut flour (<i>I had to find this at a specialty store</i>) | 6 eggs, beaten |
| ½ tsp. baking soda | 4 Tbsp. coconut oil or butter, gently melted |
| ½ tsp. salt | ⅓ cup pure maple syrup, preferably Grade B or less, or honey |
| 1 tsp. ground cinnamon | 1 tsp. vanilla extract |
| ½ tsp. ground nutmeg | ¼ cup chopped pecans, optional |
| 2 tsp. pumpkin pie spice | ¾ cup dark chocolate chips |
| ½ cup cooked puréed pumpkin (<i>I use canned</i>) | |

Preheat oven to 400°. Grease muffin pans very well or use aluminum liners. Paper liners do not work. Sift coconut flour, baking soda, salt, and spices into a small bowl. Stir to blend well and set aside. Place pumpkin purée in a medium bowl. One by one, crack the eggs into the bowl, mixing well with the pumpkin purée after each egg. Add melted coconut oil or butter, maple syrup, and vanilla extract; mix thoroughly. Add flour mixture to egg mixture and blend well with a whisk until most of the floury lumps have disappeared, but don't stir more than necessary to blend.

Gently fold in pecans and chocolate chips. Spoon into greased muffin pan to two-thirds full. Bake for 18 to 20 minutes or until lightly golden brown and toothpick is clean. Turn out onto wire rack and cool.

Bran Flax Muffins

Stacy Lundy

- | | |
|---------------------------|-------------------------------|
| 1 ½ cups unbleached flour | 1 ½ cups shredded carrots |
| ¾ cup flaxseed meal | 2 apples, peeled and shredded |
| ¾ cup oat bran | 1 cup chopped nuts |
| 1 cup brown sugar | ¾ cup milk |
| 2 tsp. baking soda | 2 eggs, beaten |
| 1 tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | ½ cup raisins (optional) |
| 2 tsp. cinnamon | |

Mix dry ingredients and brown sugar in large bowl. Stir in carrots, apples, and nuts. Combine milk, eggs, and vanilla in another bowl. Pour liquid into dry ingredients. Stir until moistened. Do not over mix. Fill muffin cups ¾ full and bake at 350° for 15 to 20 minutes. *Makes 15 muffins.*

Six-Week Muffins

Patricia Cooper

- | | |
|--|--------------------|
| 1 (15 oz.) box Raisin Bran
(7 ½ cups) | 5 tsp. baking soda |
| 1 cup melted shortening | 2 tsp. salt |
| 3 cups sugar | 1 quart buttermilk |
| 5 cups flour | 4 eggs, beaten |

Mix dry ingredients in large bowl. Add shortening, buttermilk, and eggs; mix well. Store, covered, in refrigerator for up to 6 weeks. Bake at 400° for 20 minutes.

Broccoli Cornbread

Patricia Cooper

- | | |
|-----------------------------|---------------------------------|
| 2 boxes Jiffy cornbread mix | 1 (10 oz.) box broccoli or ½ |
| 1 ½ sticks butter, melted | bag chopped broccoli (<i>1</i> |
| 1 medium onion | <i>chop mine up even more</i>) |
| 4 eggs | 10 oz. carton cottage cheese |
| | 1 cup shredded Monterey Jack |
| | cheese |

Combine all ingredients and bake at 350° for 50 minutes.

Pumpkin Bread

Stacy Lundy

- | | |
|-----------------------------|-----------------------------|
| ⅔ cup shortening | 1 ½ tsp. salt |
| 2 ⅔ cups sugar | ½ tsp. baking powder |
| 4 eggs | 1 tsp. cinnamon |
| 1 (1 lb.) can pumpkin | 1 tsp. cloves |
| ⅔ cup water | ⅔ cup coarsely chopped nuts |
| 3 ⅓ cups all-purpose flour* | ⅔ cup raisins or Craisins |
| 2 tsp. baking soda | |

Preheat oven to 350°. Grease two 9x5x3-inch loaf pans or three 8½ x 4½ x 2½-inch loaf pans.

In large bowl, cream shortening and sugar until fluffy. Stir in eggs, pumpkin, and water. Blend in flour, baking soda, salt, baking powder, cinnamon, and cloves. Stir in nuts and raisins. Pour into pans. Bake about 70 minutes or until wooden pick inserted in center comes out clean.

**If using self-rising flour, omit baking soda, salt, and baking powder.*

Pumpkin Bread

Heather Mooty

This recipe makes three 8x3 3/4x2 1/2-inch foil loaf pans. If the optional streusel topping is added, it is best to divide the batter between the three loaf pans. (You can also use 5 to 6 small loaf pans and bake for 30 minutes.) This bread is great with the streusel topping recipe in this cookbook.

4 eggs	1 tsp. baking soda
3 cups sugar	1 tsp. salt
1 can (15 oz.) pumpkin	1 1/2 tsp. cinnamon
1 1/4 cups oil	1/2 tsp. allspice
3 cups flour	1/4 tsp. cloves

Batter: Beat eggs until light and fluffy; add sugar. Beat sugar and egg mixture until well blended. Add pumpkin; beat. Add oil and beat until well blended. Thoroughly mix all dry ingredients together. Add the dry ingredients to egg mixture in three equal parts. Thoroughly mix each addition of dry ingredients until well blended. Place batter in well greased loaf pans.

Optional: At this point, the streusel topping (pg. 71) can be sprinkled on top of each pan of raw batter before baking. Bake in a preheated 350° oven for 50 to 60 minutes or until toothpick is inserted and comes out clean. (Depending on oven, the bread may require several more minutes to be fully cooked.)

Strawberry Bread

Connie Horany

3 cups flour	1 1/4 cups cooking oil
1 tsp. baking soda	4 eggs, beaten
1 tsp. cinnamon	1 tsp. red food coloring
1 tsp. salt	2 (10 oz.) pkgs. frozen strawberries
2 cups sugar	

Mix all dry ingredients together. Blend oil, eggs, food coloring, and strawberries in separate bowl. Pour in dry ingredients and mix well by hand. Pour into 2 greased and floured loaf pans and bake at 350° for 1 hour.

Banana Bread

Megan Hildebrandt

- | | |
|-----------------------------|-----------------------|
| 1 cup sugar | 1 tsp. vanilla |
| 2 eggs, beaten | 1 tsp. salt |
| 3 very ripe bananas, mashed | 2 cups flour |
| 2 Tbsp. oil | 1 cup nuts, toasted |
| 4 Tbsp. buttermilk | ½ cup chocolate chips |
| 1 tsp. baking soda | (optional) |
| 1 tsp. baking powder | |

Mix sugar and wet ingredients together until well blended. Mix remaining dry ingredients (excluding nuts and chocolate chips) together. Add dry ingredients to banana mixture. Mix until well blended. Fold in nuts and chocolate chips, if desired. Bake at 325° for about 1 hour. *Makes 1 loaf.*

Whole Wheat Waffles

Patricia Cooper

- | | |
|-------------------------|---------------------|
| 1 cup flour | 2 egg whites |
| 1 cup whole wheat flour | 1 ¾ cups skim milk |
| 2 tsp. sugar | ¼ cup vegetable oil |

Combine dry ingredients and set aside. Beat eggs with mixer until they are light and fluffy. Add flour mixture, milk, and oil to eggs. Beat until smooth. Coat waffle iron with spray and preheat. Pour about 1 cup + 2 tablespoons batter into iron. Bake about 6 minutes. *Makes 12 waffles.*

Coconut Pancakes

Stephanie Collins
(Paleo Friendly)

3 eggs	1 tsp. vanilla
3 Tbsp. melted butter or oil	¼ tsp. salt
¼ cup plus 2 Tbsp. coconut milk	½ cup coconut flour
½ tsp. honey	1 tsp. baking powder
	½ cup water, approximately

Whisk together eggs, oil, coconut milk, honey and vanilla. In a separate bowl, stir together dry ingredients, stirring until smooth. Combine both mixtures. Add the water to thin the batter out until it reaches desired consistency (It is much thicker than regular pancake batter).

In a well-buttered pan or griddle, cook pancakes until browned on both sides, about 3 minutes. Smaller pancakes are easier to flip than larger ones, since the pancakes will fall apart if they are too big. Try adding macadamia nuts or dark chocolate chips for variety. Serve with pure maple syrup. *Makes 5 large or 10 small pancakes.*

Pumpkin Pancakes

Patricia Cooper

2 cups flour	½ tsp. ginger
2 Tbsp. light brown sugar	2 cups milk
2 ½ tsp. baking powder	1 cup pumpkin
½ tsp. salt	1 egg
1 tsp. cinnamon	1 tsp. vanilla
½ tsp. allspice	3 Tbsp. oil

Whisk flour, sugar, baking powder, salt, and spices together. In another bowl, combine milk, pumpkin, egg, vanilla, and oil. Add dry ingredients and stir. Coat griddle with oil and preheat.

Oatmeal Applesauce Pancakes

Patricia Cooper

$\frac{3}{4}$ cup quick cooking oats, uncooked	1 Tbsp. oil
1 $\frac{1}{2}$ cups skim milk	1 $\frac{1}{4}$ cups all-purpose flour
2 egg whites, beaten	1 Tbsp. baking powder
$\frac{3}{4}$ cup unsweetened applesauce	1 Tbsp. sugar
	$\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ tsp. cinnamon

Combine oats and milk in bowl and let stand 5 minutes. Add eggs, applesauce, and oil to oat mixture. Stir well. Combine flour, baking powder, sugar, salt, and cinnamon in large bowl. Add oat mixture to dry ingredients and stir just until moistened. Coat griddle with spray and preheat. *Makes about 14 pancakes.*

Gingerbread Pancakes

Patricia Cooper

2 $\frac{1}{2}$ cups sifted flour	1 Tbsp. instant coffee powder
1 $\frac{1}{2}$ tsp. baking soda	1 egg
$\frac{1}{2}$ tsp. salt	$\frac{2}{3}$ cup brown sugar
1 tsp. ginger	$\frac{3}{4}$ cup water
1 tsp. cinnamon	$\frac{1}{4}$ cup butter, melted
$\frac{1}{2}$ tsp. cloves	

Sift flour, baking soda, salt, ginger, cinnamon, cloves, and coffee powder together in mixing bowl. Beat egg well, then combine with brown sugar, water, and melted butter. Add to dry ingredients, mixing until flour mixture is moistened. Batter will be thick and lumpy.

Using $\frac{1}{4}$ cup batter for each pancake, drop onto hot, greased griddle, baking until top of pancake is covered with tiny bubbles. Turn and bake until lightly browned on underside. *Makes 10 pancakes.*

Raised Doughnuts

Patricia Cooper

4 pkgs. dry yeast	2 tsp. salt
2 cups milk, scalded	1 tsp. nutmeg
1 cup cold water	$\frac{3}{4}$ cup Crisco
1 cup sugar	8 cups flour

Add dry ingredients to flour. Scald milk and add to cold water and Crisco. Add flour and mix. Place in greased bowl; cover and let rise in warm place for 30 minutes. Punch down and turn out on lightly floured board. Roll $\frac{1}{2}$ -inch thick and cut with doughnut cutter. Let rise 5 to 30 minutes. Fry in deep oil until golden.

Make glaze by mixing $\frac{2}{3}$ cup boiling water, 1 box powdered sugar, and butter flavoring. You can also make it with powdered sugar, orange juice, and zest of orange.

Bubble Bread

Traci Bayer

This is easy and yummy!

1 loaf sliced French bread	$\frac{1}{3}$ cup Parmesan cheese
$\frac{1}{3}$ cup softened margarine	1 $\frac{1}{2}$ tsp. herbes de Provence
$\frac{1}{3}$ cup real mayonnaise	

Place bread slices on a baking sheet. Mix margarine, mayonnaise, Parmesan cheese, and herbs until well blended. Spread on cut sides of bread loaf. Place under a broiler until it "bubbles".

Cinnamon Roll Bake

Traci Horany

1 cup egg substitute

2 cups milk

2 Tbsp. sugar

1 tsp. ground cinnamon

1 tsp. vanilla extract

¼ tsp. salt

1 (16 oz.) pkg. frozen cinnamon rolls (*Sister Schubert's Cinnamon yeast Rolls are great!*)

½ cup golden raisins (optional)

2 Tbsp. butter, cut into ¼-inch cubes

Whisk together first 7 ingredients until blended. Break apart cinnamon rolls and coarsely chop. Place in a lightly greased 11x7-inch baking dish. Toss raisins in with rolls in dish. Pour egg mixture over top; dot with butter. Cover and chill 4 to 24 hours (overnight is perfect). Bake casserole at 325° for 55 minutes to 1 hour or until set and golden.

Sticky Buns

Stephanie Collins

18 frozen yeast rolls

1 cup chopped nuts

1 pkg. regular (not instant) butterscotch pudding

½ cup brown sugar

1 stick butter, melted

¼ cup sugar

1 Tbsp. cinnamon

Spray Bundt pan with Pam and sprinkle nuts in bottom place frozen rolls in pan. Mix brown sugar and pudding together. Pour over rolls. Pour melted butter over rolls. Mix white sugar and cinnamon together and sprinkle on top. Cover with a cloth and let rise overnight. Bake at 350° for 30 minutes. While hot, turn onto plate so topping can run down the sides.

Gorilla Bread

Traci Horany
Great for breakfast!

½ cup sugar	2 (12 oz.) cans biscuits
3 tsp. cinnamon	(10 count)
½ cup butter	1 ½ cups coarsely chopped
1 cup packed brown sugar	walnuts
8 oz. cream cheese	

Mix cinnamon and sugar. In saucepan, melt butter and brown sugar over low heat. Set aside. Cut cream cheese into 20 equal cubes. Press biscuits out with fingers and sprinkle each with ½ teaspoon cinnamon/sugar. Place a cube of cream cheese in the center of each biscuit and wrap dough around cheese.

Sprinkle ½ cup walnuts in bottom of a greased Bundt pan. Place ½ prepared biscuits in pan. Sprinkle with cinnamon/sugar; pour ½ melted butter and ½ cup nuts. Repeat layer. Bake at 350° for 30 minutes.

Fried Pies

Patricia Cooper

2 cups flour	Apricot Filling:
⅓ cup shortening	1 pkg. dried apricots
⅔ cup buttermilk	½ cup sugar
¾ tsp. baking soda	Lemon juice to taste
¾ tsp. salt	

Combine flour, baking soda, and salt. Cut in shortening, then add milk and mix well. Roll into walnut-size balls (makes about 18) and set aside for a while. Pat out flat with finger and fill with approximately 1 tablespoon favorite fruit filling. Fold over and seal edges, being careful not to get filling on edges. Crimp. Fry in small amount of shortening or oil. *I prefer apricot filling.*

Apricot Filling: Cover apricots with water and boil until done. Drain off most of water, then mash. Add sugar and lemon juice. Let cool before filling fried pies. Makes great jam.

Granola

Nancy Hildebrandt

4 cups rolled oats
2 tsp. cinnamon
1-2 cups pecans
Flax meal (optional)
 $\frac{2}{3}$ cup honey

1 $\frac{1}{3}$ cups Splenda
Maple syrup or low-fat syrup
5 cups dried fruit and nuts
(cranberries, raisins, dates,
apricots, etc.)

Mix oats, cinnamon, pecans, and flax meal together in large bowl. Boil honey for 1 minute. Remove from heat and add Splenda. Stir into oat mixture. Add a few squirts of maple syrup or low-fat syrup to moisten. Bake at 300° for 1 hour. Stir every 15 minutes.

Add a total of 5 cups of dried fruits and nuts to mix.

Granola Bars

Megan Hildebrandt

2 cups Rice Krispies
2 cups old-fashioned oats
 $\frac{1}{2}$ cup raisins or cranberries
 $\frac{1}{2}$ cup sunflower seeds
 $\frac{1}{2}$ cup peanuts

$\frac{1}{2}$ cup almonds
 $\frac{1}{2}$ cup packed brown sugar
 $\frac{1}{2}$ cup light corn syrup
 $\frac{1}{2}$ cup peanut butter
1 tsp. vanilla

Spray 9x13-inch pan with nonstick cooking spray. In medium saucepan, cook peanut butter, corn syrup, and brown sugar over medium heat for 3 to 5 minutes, until bubbly. Remove from heat and add vanilla.

Combine remaining ingredients. Pour peanut butter mixture over dry ingredients. Mix well. Press into pan. Let cool. Cut into squares. *Makes 24 servings.*

Nut Butter Bars

*Stephanie Collins
(Paleo friendly)*

These protein-packed bars contain simple ingredients and will work as a quick breakfast or afternoon snack. They need to stay refrigerated to stay firm.

1 cup slivered almonds	½ tsp. salt
1 cup hazelnuts	1 ½ tsp. blackstrap molasses
1 ½ cups pecans	¼ cup melted coconut oil (<i>I had to find this at a Specialty Food Store</i>)
⅔ cup flax meal	
⅔ cup shredded coconut	
¼ cup unsalted almond butter (or other nut butter)	½ cup dark chocolate chips or dried fruit (optional)

Place almonds, hazelnuts, pecans, flax meal, shredded coconut, nut butter, salt and molasses in a food processor. Process until the consistency is fairly smooth but not completely. Slowly drizzle in the oil until a coarse paste forms. Stir in chocolate chips or dried fruit. Scrape the batter into an 8x8-inch pan lined with parchment paper and press down evenly to fill the pan. Chill in refrigerator for at least 1 hour, until bars harden. Store in refrigerator.

Connie's Breakfast Casserole

Connie Horany

1 pkg. crescent rolls	Sliced fresh mushrooms
1 lb. sausage, cooked and drained	8 oz. Monterey Jack cheese
1 can cream of onion soup	8 oz. American, Cheddar, or Colby cheese
6 eggs	

Put crescent rolls in bottom of 9x13-inch pan sprayed with Pam. Add sausage. Add mushrooms. Then add ½ of cheese. Mix eggs and soup together and pour over cheese. Add the other ½ of cheese. Bake at 350° for 45 to 60 minutes.



Lindsey, Clark, Heather, Steph, Grandma and Austen

Breakfast Casserole

Stephanie Collins

- | | |
|------------------------------|----------------------------|
| 1 lb. sausage | 1 tsp. salt |
| 6 eggs, beaten | $\frac{1}{8}$ tsp. oregano |
| 2 cups milk | 1 cup Cheddar cheese |
| 6 slices French bread, cubed | 1 cup green chiles |
| 1 tsp. dry mustard | |

Preheat oven to 350°. Brown and drain sausage. Mix with cheese and bread. Blend rest of ingredients together and pour over sausage mix. Stir together and pour into greased 9x13-inch pan. Bake for 1 hour. You can put together the night before or freeze.

Breakfast Casserole

Nancy Hildebrandt

6 slices white bread	2 cups milk
2 Tbsp. butter	2 tsp. salt
2 cups Cheddar cheese	½ tsp. paprika
¾ lb. ham, thinly sliced	½ tsp. basil
½ lb. mushrooms	¼ tsp. onion salt
1 can green chiles	½ tsp. pepper
2 cups Monterey Jack cheese	½ tsp. dry mustard
6 eggs	

Butter bread and place butter side down in 9x13-inch pan. Add these items in this order: Cheddar cheese, ham, mushrooms, chiles, Monterey Jack cheese. Beat eggs, milk, and spices. Pour over other ingredients and let set overnight. Bake, uncovered, at 350° for 50 to 60 minutes or until done (set in middle).

Sausage and Egg Breakfast Dish

Patricia Cooper

1 pkg. crescent rolls	¾ cup milk
1 lb. sausage, browned and drained	6 eggs
2 cups mozzarella cheese	¼ tsp. oregano
	1 can green chiles

Butter 9x13-inch pan and press crescent rolls in bottom. Layer sausage and cheese. Mix milk, eggs, oregano, and green chiles, and pour over cheese. Bake at 350° for 25 minutes.

Sausage Cheddar Quiche

Stacy Lundy

Pastry for 9-inch shell	4 eggs, beaten
1 lb. bulk sausage (light)	½ cup half-and-half
3-4 fresh mushrooms, chopped (large ones)	Garlic powder (sprinkle liberally)
6-8 green onions, chopped	Coarse ground black pepper
¾ cup grated Cheddar cheese	(sprinkle liberally)

Bake pie crust at 400° for 3 minutes. Remove from oven and prick with fork; cook 5 more minutes. Brown sausage and drain. Combine sausage, mushrooms, onion, green pepper, and seasonings. Spoon into pastry shell and top with cheese. Combine eggs and milk and beat until foamy. Pour over cheese; sprinkle with paprika. Bake at 325° for 50 minutes or until set. Let stand 10 minutes before serving.

Brunch Strata

Connie Horany

3 cups frozen mushrooms	2 (8 oz.) pkgs. cream cheese, softened
3 cups chopped broccoli (fresh) — may also use zucchini	½ cup half-and-half
2 cups cubed fully cooked ham	12 eggs
1 ½ cups chopped onion	4 cups cubed day-old bread
1 ½ cups chopped green pepper	3 cups shredded Cheddar cheese
2 cloves garlic, minced	1 tsp. salt
⅓ cup vegetable oil	½ tsp. pepper

In large skillet, sauté mushrooms, broccoli, ham, onions, green pepper, and garlic in oil until vegetables are tender. Drain and pat dry; set aside. In large mixing bowl, beat cream cheese and cream until smooth. Beat in eggs. Stir in bread, cheese, salt and pepper, and vegetable mixture. Pour in 2 greased 9x13-inch baking dishes. Bake, uncovered, at 350° for 40 minutes. *Makes 16 servings.*

Crustless Quiche

Nancy Hildebrandt
Really good – low carb!

8-10 slices bacon, cooked crisp and crumbled	1 pkg. frozen chopped spinach, cooked with salt and drained
1 cup Swiss cheese, grated	
¼ cup minced onion	½ tsp. salt
8 oz. sautéed mushroom slices	½ tsp. pepper
4 eggs	1 tsp. Worcestershire sauce
13-14 oz. small curd cottage cheese	3 dashes Tabasco

Sprinkle cheese, bacon, onion, and mushrooms in that order in a 10-inch deep-dish pie plate. Beat remaining ingredients until well blended. Pour over bacon mixture. Bake at 350° for 35 to 40 minutes. Let stand 10 to 15 minutes before cutting.

Cottage cheese	360 calories
Eggs	280 calories
Swiss Cheese	440 calories
Spinach	125 calories
Bacon (9 strips)	300 calories
Onion	20 calories

Total Calories	1526 calories
⅓ slice of quiche equals	190 calories

Egg Muffins

Stephanie Collins
(Paleo friendly)

12 eggs	¼ cup grated pepper jack cheese
½ lb. cooked sausage or ground meat	Salt and pepper to taste
1 red pepper, finely chopped	

Preheat oven to 350°. Generously grease 12 muffin tins with butter or coconut oil, or line with paper baking cups. In a bowl, beat the eggs. Add meat, red pepper, cheese, and seasonings. Bake 20 to 25 minutes or until knife comes out clean.

Try different types of meat and sausage, cheeses, and use just about any type of vegetable you prefer. Just stay clear of vegetables that produce a lot of water like spinach and mushrooms.

Zucchini Egg Bake

Stephanie Collins
(Paleo friendly)

This dish is great for breakfast or can be served alongside a salad for dinner. I also make it up and cut it into squares. I keep it in the refrigerator for an easy breakfast in the morning. It is so delicious!

4 Tbsp. butter	3 eggs, beaten
¼ cup finely chopped onion	⅓ cup grated Parmigiano-Reggiano cheese
2 lbs. zucchini, grated	
½ lb. hot Italian sausage or other ground meat	

Preheat oven to 350°. In a sauté pan, melt butter and add onion and zucchini. Sauté until zucchini is tender, 5 to 7 minutes. Put zucchini in a colander to drain off any excess liquid. Add sausage to the sauté pan and sauté until just cooked. Combine the sausage and zucchini; season to taste. Add eggs, mix well, and pour into an 8x8-inch square pan. Grate cheese on top. Bake, uncovered, for 35 to 40 minutes.

Breakfast Loaf

Jessica Hildebrandt

This is very pretty.

5 eggs, beaten	Onions, optional
¼ tsp. salt	1 lb. round French bread loaf
⅛ tsp. pepper	6 oz. thinly sliced deli ham, divided
1 Tbsp. butter	¾ oz. shredded Monterrey Jack cheese, divided
⅓ cup red bell pepper	¾ oz. shredded Cheddar cheese, divided
2 cups fresh spinach	1 medium tomato, thinly sliced
Mushrooms, optional	
Olives, optional	

Preheat oven to 350°. In a small bowl, combine eggs, salt and pepper. Melt butter in a skillet over medium heat; add eggs, cook and stir until almost set. Add bell pepper and spinach (and any other vegetables, except for tomato) and cook another 1 to 2 minutes until tender. Set mixture aside.

Cut off the top fourth of the bread loaf. Carefully hollow out the top and bottom, leaving a ½ shell. In the bottom of the bread, place about ¼ of the ham; layer with about ¼ of the cheeses and egg mixture, and tomato. Repeat layers until all ingredients are used and gently press together. Replace bread top and wrap tightly in foil.

Bake for 25 to 30 minutes. Let stand 10 minutes before slicing and serving.

Breakfast Enchiladas

Heather Horany

1 (1 lb.) pkg. hot ground pork
sausage

2 Tbsp. butter

4 green onions, thinly sliced

2 Tbsp. chopped fresh cilantro

14 large eggs, beaten

$\frac{3}{4}$ tsp. salt

$\frac{1}{2}$ tsp. pepper

Cheese sauce

8 (8-inch) soft taco-size flour
tortillas

1 cup shredded Monterey Jack
cheese with peppers

Toppings: Grape tomato
halves, sliced green onions,
chopped fresh cilantro

Cheese Sauce:

$\frac{1}{3}$ cup butter

$\frac{1}{3}$ cup flour

3 cups milk

1 (8 oz.) block Cheddar
cheese, shredded (about 2
cups)

1 (4 oz.) can chopped green
chiles

$\frac{3}{4}$ tsp. salt

Cook sausage in large nonstick skillet. Remove from skillet; drain well, pressing between paper towels and wipe skillet clean. Melt butter in skillet and add green onions and cilantro; sauté 1 minute. Add eggs, salt and pepper; cook without stirring for 2 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 4 to 5 minutes until eggs are thickened but still moist (do not over-stir).

Remove from heat and gently fold in 1 $\frac{1}{2}$ cups cheese sauce and sausage. Spoon $\frac{3}{4}$ cup egg mixture into each flour tortilla; roll up and place seam side down in a lightly greased 9x13-inch baking dish. Pour remaining cheese sauce over tortillas and sprinkle with Monterey Jack cheese. Bake at 350° for 30 minutes or until cheese sauce is bubbly. Serve with desired toppings.

Cheese Sauce: Melt butter in saucepan over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, 7 minutes or until thickened. Remove from heat and whisk in remaining ingredients until cheese is melted.



Megan, Lindsey, Traci and Jessica

Lazy Chile Rellenos

From The Pioneer Woman

- | | |
|---------------------------------|---|
| 5 whole large eggs | 8 whole roasted, peeled, and seeded green chiles (canned chiles work) |
| 2 cups whole milk | |
| Salt and black pepper, to taste | |
| ½ teaspoon paprika | 1 ½ cups Monterey Jack cheese, grated |
| ¼ teaspoon cayenne pepper | Corn tortillas |

Preheat oven to 325°. Mix together eggs, milk, salt, pepper, paprika and cayenne pepper.

Cut chiles in half and add a single layer of chiles on the bottom of a 9x13-inch baking dish. Top chiles with half of the grated cheese. Repeat with another layer of chiles and another layer of cheese. Pour egg mixture all over the top.

Place into a larger baking dish or rimmed baking sheet. Pour in ½ inch of water and bake for 35 to 45 minutes, or until completely set. Cut into squares and serve with warm corn tortillas!

Jalapeño, Sausage, Jack and Egg Breakfast Braid

Traci Bayer

1 can (13.8 oz) refrigerated
pizza crust dough

1 Tbsp. olive oil

¼ cup chopped onion

¼ cup chopped seeded
jalapeño peppers

4 oz. sausage (can use chicken
sausage)

2 large eggs, lightly beaten

½ cup shredded Monterey
Jack cheese

¼ cup shredded Cheddar
cheese

Preheat oven to 425°. Unroll dough onto a baking sheet (*I use my baking stone*) coated with cooking spray. Pat into a 15x10-inch rectangle. Heat olive oil in a large skillet over medium heat. Add onion, jalapeño, and sausage; cook 9 minutes or until lightly browned. Stir in eggs; cook 1 ½ minutes or until set. Remove from heat. Sprinkle Monterey Jack cheese lengthwise down the center of dough, leaving about a 2 ½-inch border on each side. Spoon egg mixture evenly over cheese. Sprinkle Cheddar cheese over egg mixture.

Make 2-inch long cuts about 1 inch apart down both sides of dough to within ½ inch of filling using kitchen shears. Arrange strips over filling, alternating strips diagonally over filling. Press ends under to seal. Brush with egg white. Bake at 425° for 15 minutes or until golden brown. Let stand 5 minutes. Cut crosswise into slices. *Makes 4 servings. (I always at least double this.)*

Notes