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**Yummy Stuff:**

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# Conversion Chart

## Sugar and Honey

360 g honey = 1 cup honey

180 g honey =  $\frac{1}{2}$  cup honey

90 g honey =  $\frac{1}{4}$  cup honey

220 g sugar = 1 cup sugar

110 g sugar =  $\frac{1}{2}$  cup sugar

To convert **sugar** in a recipe (in cups) into **honey**, multiply it by  $\frac{3}{5}$

To convert **sugar** in a recipe (in weight) into **honey**, use the same amount (in weight)

1 cup sugar =  $\frac{3}{5}$  cup honey (between  $\frac{1}{2}$  cup and  $\frac{3}{4}$  cup)

$\frac{1}{2}$  cup sugar =  $\frac{1}{3}$  cup honey (just a little more than)

## Whole Wheat Flour and White Flour

**140 g** whole wheat flour = **1 cup** whole wheat flour

One cup of **white flour** is a **little lighter** than one cup of **whole wheat flour**

## Various Ingredients

130 g raisins = 1 cup raisins

120 g walnuts = 1 cup walnuts

130 g poppy seed = 1 cup poppy seed

110 g butter =  $\frac{1}{2}$  cup butter (=1 stick)

100 g rolled oats = 1 cup

# Raw Grain Muesli

► **Per Person:**

**50 g raw grain (=3-4Tbsp.)** rye, wheat, oats, barley, rice, etc.- **roughly ground** (old coffee grinder or heavy duty blender will work) or **freshly flaked**

**Fresh chopped fruit** roughly one piece of fruit per person, always (if available) some grated apple – makes it fluffier

**Chopped raw nuts** about 1 Tbsp. per person

**30-40 ml whipping cream** preferably whipped

**(1 tsp. of lemon juice)** (optional)

**(1 tsp. raw honey)** (optional – should not be used every day)

Grind grain and add cold water (just enough, so that you don't have to pour any away the next day). Cover and let it sit over night (don't refrigerate). If you flake your grains you can add cold water just before preparing the muesli, or soak them over night.

Add grated apple, chopped fruit (any variety), chopped nuts, and (whipped) cream. Make into delicious Muesli.

With small children you have to adjust the amounts and use less of everything.

# Granola

1500 g (15 cups)	rolled oats or other grain flakes (barley, rye, soft wheat)
400 g (3 1/3 cups)	chopped nuts (almonds, cashews, walnuts, pecans, etc.)
1 cup (250ml)	oil (expeller pressed, i.e. safflower or sunflower)
1 cup (360g)	raw honey
1 tsp.	cinnamon (optional)

Mix all ingredients and bake on 4 buttered cookie sheets at 350° F for 15-20 minutes.

**Recipe can be easily cut in half (we have a large family).**

# Wheat bread (3 loaves)

300 ml (1¼ cup) warm water  
3 Tbsp. dry yeast  
1 tsp. raw honey

1500 g (11 cups) whole wheat flour  
900ml (3¾ cups) warm water  
4-5 tsp. salt  
¼ cup oil

Dissolve yeast and honey in 300 ml warm water and stir well. Let yeast activate for 5-10 minutes. Mix with rest of the ingredients and knead by hand or with electric mixer for 10 minutes. Put in 3 buttered bread pans, spray with water and let bread rise (covered) for 5-10 minutes, while oven is preheating.

Bake bread at 400° F for 30-40 minutes.

# Nutty German Bread (3 loaves)

300 ml (1¼ cups)	warm water
3 Tbsp.	dry yeast
1 tsp.	raw honey
1500 g (11cups)	whole wheat flour
2 Tbsp.	salt
8 Tbsp.	vinegar
1200 ml (5 cups)	warm water
1 ½ cups	sunflower seed
1 ½ cups	flax seed
1 ½ cups	sesame seed

Dissolve yeast and honey in 300 ml warm water and let yeast activate for 5-10 minutes. Mix with all other ingredients and knead for 5-10 minutes by hand or with electric mixer. Put in three buttered bread pans.

Bake at 400° F for about 60 minutes. Might need to be covered after 45 min. so that it won't get too dark (e.g. aluminum foil).

Tastes great toasted with garlic and butter (as side dish to soup or salad) or good for open face sandwiches. For anyone who likes a hearty German bread or who needs to feed their always hungry kids – it will fill them up 😊.

# DINNER ROLLS

300 ml (1¼ cups)  
4 tsp.  
1 tsp.

warm water  
dry yeast  
raw honey

800 g (5¾ cups)  
250 -300 ml (1-1¼ cups)  
2-3 tsp.  
1/8 cup

whole wheat flour  
warm water (depending on flour)  
salt  
oil

Dissolve yeast and honey in 300 ml warm water and stir well. Let yeast activate for about 5-10 minutes. Mix with rest of the ingredients and knead by hand or with electric mixer for 5-10 minutes.

Form dinner rolls and dip in cold water and then in poppy seeds, flax seeds, sunflower seeds, pumpkin seeds, or sesame seeds.

Bake at 400° F for about 15 minutes.



# French Bread

300 ml (1¼ c.)	warm water
4 tsp.	dry yeast
1 tsp.	honey
800 g (6 cups)	whole wheat flour
200-300 ml (¾-1¼ cup)	warm water (depending on the flour)
2-3 tsp.	salt
30 ml (1/8 cup)	oil

Dissolve yeast and honey in 300 ml warm water and stir well. Let yeast activate (it will foam up) for 5-10 minutes.

Mix with rest of the ingredients and knead by hand or with electric mixer for 10 minutes. Dough needs to be nice and elastic (not too tough). Form 2 loaves of French bread and set on French bread pan or buttered cookie sheet. Cut on top and spray with water. Optionally sprinkle poppy seeds, flax seeds, sunflower seeds, pumpkin seeds, or sesame seeds on top. Let bread rise for 5-10 minutes.

Bake at 400° F (200°C) for about 20-25 minutes.

# Raisin Bread (3 loaves)

300 ml (1¼ cups)	warm water
3 Tbsp.	dry yeast
1 tsp.	raw honey
1500 g (11 cups)	whole wheat flour
900 ml (3¾ cups)	warm water
300 g (¾ cup + 1Tbsp.)	honey
375 g (2 ½ cups)	raisins
1 Tbsp.	cinnamon
2 Tbsp.	salt
¼ cup	oil

Dissolve yeast and 1 tsp. of honey in 300 ml warm water and let yeast activate for 5-10 minutes. Mix with all other ingredients and knead by hand or with electric mixer for 10 minutes. Preheat oven to 400° F. Place dough in 3 buttered bread pans, spray with water and cover for 10-20 minutes, or until bread has risen about one inch.

Bake at 400° F for 45-50 minutes.

# Cracker Bread

600 g (4¼ cups)	whole wheat flour
2 tsp.	salt
420 ml (1 ¾ cup)	cold water
80 g (¾ stick)	melted butter
100 g (¾ cup)	poppy seed or sesame seed (or half and half)

Makes 2 cookie sheets of cracker bread

Mix flour, salt and cold water, add melted butter, poppy seeds or sesame seeds and knead with hands until dough is elastic and not sticky. If dough is too tough, add a little more water, if dough is too sticky, add a little more flour. Let dough sit for at least 15 minutes.

Grease 2 cookie sheets with butter. Roll ½ of the dough on each cookie sheet (about 1/8 inch thick) and cut with pizza cutter into desired shapes and sizes.

Bake at 400-425° F for 15-20 minutes.

If edge pieces turn dark earlier remove those and continue to bake the rest a little longer. After bread has completely cooled off, store in tin can. (Keeps for several weeks, if no moisture is in tin can)

# Cornbread

**Dry Ingredients:**            2 cups whole wheat flour  
   2 cups cornmeal  
   4 tsp. baking powder  
   1 tsp. salt

**Moist Ingredients:**        2 eggs  
   ½ cup oil (expeller pressed safflower oil, virgin olive oil)  
   2 cups milk  
   ½ cup honey

Preheat oven to 400° F. Grease cake pan with oil or butter. Mix moist and dry ingredients separately. Mix both ingredients until batter is just moistened. Bake at 400° F for 20-25 minutes.

For muffins use ½ recipe and bake for 15-20 minutes.

# Healthy “Nutella” (Chocolate Spread)

110 g (1stick)	unsalted butter (room temperature)
140 g (½ cup)	peanut butter (natural)
140 g (1/3 cup & 1Tbsp.)	raw honey
4 Tbsp.	cocoa

Mix all ingredients well with electric mixer. Store in refrigerator but serve at room temperature.

## Paprika Bread Spread

125 g (1 stick + 2 Tbsp.)	butter (room temperature)
1 tsp.	mustard
1 tsp.	paprika
¼ tsp.	pepper
½ tsp.	salt
½ (optional)	red bell pepper, chopped up as finely as possible

Whip butter with electric mixer, add other ingredients and mix thoroughly. Season to taste. Store in refrigerator, but take out of refrigerator about 15 minutes before serving it.

## Walnut Garlic Bread Spread

125 g (1 stick + 2 Tbsp.)	butter
50 g (½ cup)	walnuts (finely grated)
1 tsp.	herbal salt or regular salt
¼ tsp.	pepper
1-2 cloves	garlic (crushed)

Whip butter with electric mixer, add other ingredients and mix thoroughly. Store in refrigerator, but take out of refrigerator about 15 minutes before serving it.

# Marjoram Bread Spread

½ cup (125 ml)	water
½ cube	vegetable bouillon or some salt
2 Tbsp. (35 g)	butter
½ cup (75 g)	whole wheat flour

Bring water, bouillon cube (or salt), and butter to a boil. Take pot off the burner and at once put all the flour in the pot and stir immediately with a wooden spoon or whisk until a big lump forms. Close lid and let cool off.

1stick + 1 Tbsp. (125 g)	butter (room temperature)
3-4 tsp.	marjoram (dried)
1 tsp.	herbal salt (or salt)
¼ tsp.	pepper
2 Tbsp.	parsley (freshly chopped)
3 Tbsp.	spring onion (finely chopped)
dash	paprika
dash	clover (powder)

Whip butter with electric mixer, add cooled off dough and spices and mix thoroughly. Season to taste. Store in refrigerator, but take out of refrigerator about 15 minutes before serving it. Tastes great on any kind of bread with a little mustard on it.

# Garlic Butter

1 stick	butter (room temperature)
2 cloves	garlic (crushed)
1 tsp.	herbal salt or salt pepper
2-3 drops	lemon juice
1 Tbsp. chopped	fresh parsley (optional)

Mix all ingredients with electric mixer. Adjust seasoning to taste. You may double the recipe if needed.

# Garlic Sauce

250g (1cup)	sour cream
50g (1/4cup)	cold water
2 cloves	garlic crushed salt pepper

Mix all ingredients and season with salt and pepper to taste. If texture is too thick it can be thinned with some extra water. Taste great with baked eggplants and zucchinis or as a steak sauce.



# Mom's Vegetable Dip

1 cup(250g)	sour cream
1 tsp.	herbal salt (e.g. Herbamere) or sea salt
¼ tsp.	pepper
1-2 Tbsp.	parsley (chopped)
1-2 Tbsp.	green onions (chopped)

Mix all ingredients and season to taste.

# Mayonnaise

1	egg (room temperature)
1 Tbsp.	lemon juice or white vinegar
1 tsp.	mustard
¼ - ½ tsp.	salt
1 dash	pepper
1 cup (250ml)	oil (i.e. virgin olive oil, expeller pressed sunflower or safflower oil, grape seed oil)
(3 cloves	garlic (crushed) only if you want <b>Garlic Mayonnaise</b> )

Oil and egg should have the same temperature. Beat egg with electric mixer or in blender, add lemon juice, mustard, salt, pepper. While continuing to mix, let oil slowly run into mixture until mayonnaise has desired texture. Add more oil to thicken mayonnaise, if necessary. Season to taste (more mustard, salt, pepper, a few drops of vinegar) and refrigerate for at least two hours. Keeps for about 1 week.

# Oil-Vinegar Salad Dressing

400 ml (1 2/3 cups)	Virgin Olive Oil (or any other expeller pressed, unrefined oil, or mixture of 2 oils)
150 ml (2/3 cup)	Balsamic Vinegar, or Raw Apple Cider Vinegar
1 Tbsp.	Mustard
1 Tbsp.	Honey
1 tsp.	Onion Powder
1 tsp.	Garlic Powder
1 tsp.	Salt or Herbal Salt (Herbamere, etc.)
½ tsp.	Pepper
1-2	Garlic Cloves, crushed

Put all ingredients in salad shaker (or blender) and shake well. Season to taste with more vinegar or honey if necessary. Other fresh or dried herbs can be added as desired. You may also add a little water.

Do not store in refrigerator, because olive oil might turn solid. Keeps for weeks.

# Creamy Mustard Dressing

250 ml (1cup)	cream
2 Tbsp.	virgin olive oil
3 Tbsp.	mustard
1-2 tsp.	vinegar
½ tsp.	herbal salt or salt
¼ tsp.	pepper
½ tsp.	honey

Whip cream until it thickens some. Add all other ingredients and mix with whisk. Season to taste and thin with water to desired consistency.

# Curry Dressing

250 g (1cup)	sour cream
2 Tbsp.	virgin olive oil
1 Tbsp.	mustard
1 tsp.	vinegar
½ tsp.	herbal salt or salt
¼ tsp.	pepper
½ tsp.	honey
1-2 tsp.	curry powder

Mix all ingredients well and thin with water or milk if desired.

# Sour Cream Garlic Dressing

250g (1cup)	sour cream
70g (1/3cup)	cold water
4 Tbsp.	oil (expeller pressed or virgin olive oil)
2-3 cloves	garlic crushed
	salt
	pepper
1Tbsp. chopped	parsley (optional)

Mix all ingredients with electric mixer and season to taste. If texture is too thick it can be thinned with some extra water.

# Honey Mustard Dressing

360 g (1 cup)	raw honey
230 g (1 cup)	mustard
1½ tsp.	vinegar
	salt
	pepper

Mix all ingredients with electric mixer and season to taste.

# Cauliflower-Carrot Salad

250 g (9 oz.) cauliflower  
300 g (10 oz.) carrots

## **Dressing:**

200 g (generous  $\frac{3}{4}$  cup) sour cream  
2 Tbsp. expeller pressed safflower ore sunflower oil  
1 Tbsp. lemon juice  
 $\frac{1}{2}$  tsp. herbal salt or salt  
 $\frac{1}{2}$  tsp. curry  
pepper (best freshly ground)  
3 Tbsp. freshly chopped chives or spring onions

Prepare dressing. Shred cauliflower and carrots and mix with dressing, season to taste if necessary.

# Cabbage Salad

500 g (18 oz.)	white cabbage
½ tsp.	salt
1	red bell pepper
1	green bell pepper
2	carrots
1 can (6 oz.)	black olives
100 g (3-4 oz.)	Feta Cheese (optional)

## Dressing:

4 Tbsp.	virgin olive oil
2 Tbsp.	vinegar (white wine, apple cider, balsamic)
	salt
	pepper (best freshly ground)
2 tsp.	honey
1/2	sweet onion (very finely chopped)

Quarter cabbage, take out stalk and finely shred or cut cabbage. Salt cabbage with ½ tsp. of salt and kneed with hands. Cut bell peppers into thin strips, roughly shred or thinly slice carrots, slice olives, and cube Feta Cheese. Prepare dressing and mix well with other salad ingredients. Let salad sit at least 2 hours before serving. Season to taste if necessary before serving (more vinegar, salt, pepper?)

Tastes great with homemade French bread.



# Potato Salad

2 lbs. or 6-7	medium sized potatoes
½	finely chopped onion
2-3	chopped large pickles
1	chopped medium sized apple
1 ½ cup	sour cream
½ cup	cream (or half and half)
¼ cup	mustard
1 tsp.	honey or sugar
3 tsp.	salt
	pepper
1Tbsp.	freshly chopped parsley
	paprika (for garnish)

Cook potatoes, rinse with cold water, and peel after they are cooled off. Cut potatoes into pieces, add chopped onion, apple and pickles. For the dressing mix all other ingredients and season with salt and pepper to taste. Add dressing to salad and carefully mix together. Season to taste, if necessary. Refrigerate and sprinkle paprika over salad before serving.

# Red Beet-Apple Salad

300 g (10 oz.)

red beets (about 2 medium size)

300 g (10 oz.)

apples (about 2, best sour, e.g. Granny Smith)

## Dressing:

200 g (generous  $\frac{3}{4}$  cup)

sour cream

1 tsp.

salt

2 tsp.

horse radish

some

pepper (freshly ground)

2-3 Tbsp.

freshly chopped chives or spring onions

Prepare salad dressing first. Shred red beets and apples and mix with salad dressing. (If apples are not sour enough, add some fresh lemon juice.)

# Apple-Streusel Muffins

## Dry Ingredients:

280 g (2 1/3 cups)	whole wheat flour
2 tsp.	baking powder
½ tsp.	baking soda
1tsp.	cinnamon
250 g (2 cups)	chopped apple

## Moist Ingredients:

1	egg
140 g (little less than ½ cup)	raw honey
80 g (1/3 cup)	oil or melted unsalted butter
300 g (1 ¼ cups)	half sour cream-half milk, buttermilk, or yogurt

## Streusel:

80 g (½ cup)	whole wheat flour
45 g (1/8 cup)	raw honey
55 g (½ stick)	unsalted butter
½ tsp.	cinnamon (optional)

Preheat oven to 350° F. In a small bowl mix ingredients for streusel and knead into crumbly dough. Set aside for topping. If you don't have time for the streusels, the muffins taste great without them, also.

Mix dry ingredients well. In a separate bowl whip egg, honey, oil and sour cream lightly. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Crumble the streusel dough with your fingers over each muffin, until all the streusel dough is used up. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. Check with toothpick.

# *Blueberry Muffins*

## **Dry Ingredients:**

280 g (2 cups)	whole wheat flour
1 ½ tsp.	baking powder
½ tsp.	baking soda
200 g (1½ cups)	frozen or fresh blueberries

## **Moist Ingredients:**

1	egg
160 g (½ cup)	honey
80 g (1/3 cup)	oil or melted unsalted butter
250 g (1cup)	half sour cream-half milk, yogurt, or buttermilk

Mix dry ingredients well. Mix moist ingredients thoroughly. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. (With frozen blueberries it might take longer, check with toothpick).

# *Cranberry-Orange-Nut Muffins*

## **Dry Ingredients:**

260 g (2 cups)	whole wheat flour
2 ½ tsp.	baking powder
¾ tsp.	cinnamon
2 tsp.	graded orange peel
60 g (½ cup)	chopped walnuts
250 g (1½ cup)	cranberries (fresh, dried, or canned)

## **Moist Ingredients:**

1	egg
160 g (little less than ½ cup)	raw honey
80 g (1/3 cup)	oil
250 g (1cup)	half sour cream-half milk, yogurt, or buttermilk

Mix dry ingredients well. In separate bowl mix moist ingredients thoroughly. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. Check with toothpick.

# Chocolate Muffins

## Dry Ingredients:

2 cups (250g)	whole wheat flour
2 tsp.	baking powder
½ tsp.	baking soda
5 Tbsp. (28g)	cocoa
1 cup (120g)	chopped nuts
¾ cup (120g)	carob chips (if you use carob chips use only ½ cup nuts)

## Moist Ingredients:

1	egg
2/3 cup (230g)	raw honey
½ cup (115g)	oil or melted unsalted butter
1¼ cup (300g)	buttermilk, or half sour cream-half milk
1 tsp.	liquid vanilla

Mix dry ingredients well. In a separate bowl mix moist ingredients thoroughly. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan and sprinkle some additional chocolate chips on top if desired. Makes 12 muffins.

Bake at 350° F for 18-23 minutes. Check with toothpick. Take out as soon as toothpick comes out clear. Do not over bake!

# Chocolate Muffins with Cream Cheese Filling

## Dry Ingredients:

2 cups (250g)	whole wheat flour
2 tsp.	baking powder
½ tsp.	baking soda
5 Tbsp. (30g)	cocoa
½ cup (60g)	chopped nuts

## Moist Ingredients:

1	egg
2/3 cup (230g)	raw honey
½ cup (115g)	oil or melted, unsalted butter
1¼ cup (300g)	buttermilk, or half sour cream-half milk
1 tsp.	liquid vanilla

## Filling:

½ package (120g)	cream cheese
1½ Tbsp.	raw honey
½ tsp.	liquid vanilla

Mix all ingredients for filling with electric mixer and set aside. In a big bowl mix dry ingredients well. In a separate bowl, mix moist ingredients thoroughly. Add moist ingredients to dry ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put half of batter in greased muffin pan, add one teaspoon of filling to each cup, and fill with rest of batter. Makes 12 muffins.

Bake at 350° F for 18-23 minutes. Check with toothpick. Take out as soon as toothpick comes out clear. Do not bake too long!

# Carrot-Apple-Coconut Muffins

## Dry Ingredients:

260 g (2 cups)	whole wheat flour
1 ½ tsp.	baking powder
1 tsp.	baking soda
1½ tsp.	cinnamon
60 g (1/2 cup)	chopped walnuts
60 g (2/3 cup)	graded coconut
60 g (1/2 cup)	raisins (optional)
120g (1 cup)	finely chopped apple pieces

## Moist Ingredients:

1	egg
140 g (little less than ½ cup)	raw honey
80 g (1/3 cup)	oil
1 tsp.	liquid vanilla
250 g (1 cup)	half sour cream- half milk, buttermilk, or yogurt
150-200 g (1 ½ - 2 cups)	finely shredded carrots

Preheat oven to 350° F. Mix dry ingredients well. In a separate bowl mix moist ingredients (except carrots) thoroughly and add carrots at the end.

Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. Check with toothpick.



# Apple-Carrot Muffins

## Dry Ingredients:

260 g (2 cups)	whole wheat flour
1 ½ tsp.	baking powder
1 tsp.	baking soda
1 tsp.	cinnamon
60 g (½ cup)	chopped walnuts (optional)
60 g (½ cup)	raisins (optional)

## Moist Ingredients:

1	egg
140 g (little less than ½ cup)	raw honey
80 g (1/3 cup)	oil
1 tsp.	liquid vanilla
250 g (1 cup)	half sour cream- half milk, buttermilk, or yogurt
150 g (1 ½ cup)	finely shredded carrots
120 g (1 cup)	chopped or shredded apple

Mix dry ingredients well. In a separate bowl whip egg, honey, sour cream and oil lightly and then add carrots and apples. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. Check with toothpick.

# Zucchini-Lemon-Raisin-Nut Muffins

## **Dry Ingredients:**

260 g (2 cups)	whole wheat flour
1 ½ tsp.	baking powder
½ tsp.	baking soda
¾ tsp.	cinnamon
½ tsp.	nutmeg
1-2 tsp.	graded lemon peel
60 g (1/2 cup)	chopped walnuts
60 g (1/2 cup)	raisins (optional)

## **Moist Ingredients:**

2	eggs
140 g (little less than ½ cup)	raw honey
80 g (1/3 cup)	oil
1 tsp.	liquid vanilla
160 g (2/3 cup)	half sour cream-half milk, buttermilk, or yogurt
150 (1 cup)	finely shredded zucchini

Preheat oven to 350° F. Mix dry ingredients well. In a separate bowl whip eggs, honey, sour cream and oil lightly and add rest of moist ingredients. Add dry ingredients to moist ingredients and stir carefully with a big spoon or a whisk until batter is just moistened. Do not mix vigorously or you will end up with small, hard muffins. Put batter in greased muffin pan. Makes 12 muffins.

Bake at 350° F for 20-25 minutes. Check with toothpick.

# Gabi's Chocolate Cake

## Cake:

500g (2 cups)	buttermilk, or half sour cream-half milk
2	eggs (or ½ cup whipping cream)
200g (¾ cup)	oil
360g (1 cup)	raw honey
400g (3 cups)	whole wheat flour
2 tsp.	baking soda
45 g (½ cup + 1Tbsp.)	cocoa

## Topping:

600ml (2 ½ cups)	whipping cream
2 Tbsp.	raw honey
1 tsp.	liquid vanilla

## Icing:

75g (2/3 stick)	unsalted butter (room temperature)
55g (1/4 cup)	raw honey
2 Tbsp.	cocoa

Lately I have been making the cake without eggs. I use ½ cup of cream instead. It seems to make the cake even more moist ... my family likes it better :)

Mix all ingredients for cake with electric mixer and pour into buttered cake form.

Bake at 350° F for 25-30 minutes. Test with toothpick whether cake is done.

After cake has cooled, whip cream, honey and vanilla and put on top of cake.

For icing mix butter, honey and cocoa well and pour over cake in desired pattern. (Icing might have to be heated gently while stirring to make it the right consistency to pour.)

If desired, icing can also be put straight on the cake. If you prefer that, double the ingredients for the icing. The cake can then be served with ice cream (of course homemade and healthy :) or whipped cream on the side.

# Chewy Chocolate Cookies

## Cookies:

200g (1 2/3 stick)	unsalted butter (room temperature)
400g (1 1/8 cups)	raw honey (use 300g = 7/8 cup, if less sweetness is desired)
2	eggs
2 tsp.	liquid vanilla

Beat butter, honey, eggs, and vanilla until fluffy. Mix in:

275g (2 cups)	whole wheat flour
60g (3/4 cup)	cocoa
1 tsp.	baking soda
1/2 tsp.	salt
120 g	chopped nuts (walnuts, pecans, almonds, or cashews)

## Filling:

400g (1 2/3 cups)	whipping cream
1 Tbsp.	raw honey

With 2 spoons place walnut size amounts of batter on buttered cookie sheet. Leave about 1 inch space in between cookies. (Cookies will run into each other while baking, but that's okay.)

Bake for about 10 minutes at 350° F.

Let cookies cool off. If necessary, cut apart with knife. Whip cream with honey. Always glue two cookies with some whipped cream together (about 1/2 inch thick) and wrap in plastic foil. Freeze wrapped cookies. Taste marvelous straight out of the freezer and is a very special treat.

# Apple Pie

## Piecrust:

250 g (1¾ cups)	whole wheat flour
160 g (1½ sticks)	cold butter (unsalted)
8 Tbsp.	cold water
½ tsp.	salt

Put flour in bowl and cut cold butter into small pieces. Add salt and water and work butter with your fingers into dough until all flour is used up. Do not knead too long so that the piecrust will get nice and flaky. Wrap dough in plastic foil and set it in the fridge for at least ½ hour (it can stay in the fridge for several days or can be frozen for later use).

## Filling:

6-8	sour apples (peeled and cut in fine slices)
50 g (less than ¼ cup)	honey
¼ tsp.	salt
½ Tbsp.	cinnamon
¼ tsp.	nutmeg
1-2 Tbsp.	whole wheat flour (if apples are very juicy)

Preheat oven to 400° F. Mix all ingredients for filling. Divide dough into half. Roll out first half (works great between two large pieces of plastic wrap) and put in pie form. Place apple filling in pie shell. Roll second half of pie dough out and place on top of pie. Form nice edge and punch some holes with a fork in the top so that the air can escape. Bake at 400° F for 35-45 minutes.

# Pumpkin pie

## Piecrust:

125 g (1cup)	whole wheat flour
80 g (2/3 stick)	unsalted butter (cold)
4 Tbsp.	cold water
¼ tsp.	salt

Put flour in bowl and cut cold butter into small pieces. Add salt and water and work butter with your fingers into dough until all flour is used up. Do not knead too long so that the piecrust will get nice and flaky. Wrap dough in plastic foil and set it in the fridge for at least ½ hour (it can stay in the fridge for several days or can be frozen for later use).

## Pie Filling:

1 can	pumpkin (15 oz or 425 g)
1 cup (250 g)	whipping cream
½ cup (180 g)	raw honey
2	eggs
½ tsp.	salt
1 tsp.	cinnamon
1 tsp.	pumpkin pie spice (cinnamon, ginger, clover, nutmeg)

Preheat oven to 425° F. Roll out pie dough (works great between two large pieces of plastic wrap) and put in pie form. Form nice edge. Refrigerate. Mix all ingredients for pie filling and fill into pie shell. Put pie into preheated oven, turn oven down to 350° F and bake for 70-90 minutes (pie is done when toothpick comes out clear).

# Waffles (4 Pers.)

1½ cups (210g)	oat flour (or whole wheat flour)
1 cup (140g)	whole wheat flour
1 tsp.	baking powder
1 tsp.	baking soda
2 cups (500ml)	buttermilk (or half milk-half sour cream)
2	eggs
¼ tsp.	salt
¼ cup+2 Tbsp. (75ml)	oil
1 Tbsp.	honey

Mix all ingredients well and let sit for 10 minutes. If batter is too thick add some milk, if batter is too thin add some flour. Bake waffles and enjoy!

For 8 persons double recipe, for 10-12 persons triple recipe.

# Pancakes

## Serves 4-5

3 eggs  
2 cups whole wheat flour  
1 cup oat flour\*  
3 tsp. baking powder  
2 ¼ cups buttermilk\*  
3 Tbsp. honey  
1 ½ tsp. salt

## Serves 5-6

4 eggs  
3 cups wheat flour  
1 cup oat flour\*  
4 tsp. baking powder  
3 cups buttermilk\*  
4 Tbsp. honey  
2 tsp. salt

## Serves 6-7

5 eggs  
3 cups wheat flour  
2 cups oat flour\*  
5 tsp. baking powder  
3 ¾ cups buttermilk\*  
5 Tbsp. honey  
2 ½ tsp. salt

Beat eggs until creamy, add remaining ingredients and mix well. If batter is too thin, add some flour, if it is too thick, add some milk.

\* Instead of oat flour, whole wheat flour can be used.

\* Instead of buttermilk you can use half sour cream-half milk, or all milk