Applesauce Oatmeal Muffins

Yield: - 12 Servings

Ingredients: -

1 cup	Old fashion rolled oats (not instant)
1 cup	Non-fat milk
1 cup	Whole wheat flour
½ cup	Brown sugar
½ cup	Unsweetened applesauce
2 each	Egg whites
1 teaspoon	Baking powder
½ teaspoon	Baking soda
½ teaspoon	Salt
1 teaspoon	Cinnamon
1 teaspoon	Sugar
	Raisins or nuts (a delicious optional)

Directions: -

1. Soak the oats in milk for about one hour.
2. Preheat the oven to 200°C/400°F.
3. Spray muffin pan with cooking spray.
4. Combine the oat mixture with the applesauce and egg whites, and mix until combined.
5. In a separate bowl measure and whisk the dry ingredients together.
6. Add wet ingredients to dry and mix until just combined. Add nuts or raisins if desired.
7. Do not over mix the batter or the muffins will be tough. Spoon muffin mixture into muffin pan.
8. Combine the cinnamon and sugar and top each muffin with a sprinkling of the mixture.
9. Bake for 20-25 minutes or until done. Remove from pan, cool & enjoy.

Suggestion: -

The muffins can be frozen and reheated in the microwave for a quick breakfast.

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Bircher Muesli

Yield: - 2 Servings

Ingredients: -

1 cup	Home made muesli
½ cup	Plain unsweetened yoghurt
½ cup	Fruit (stewed) or 1 piece of fruit chopped up
½ cup	Soya milk
1 scoop	Protein powder (optional)

Directions: -

Mix together and let stand for 15 minutes to absorb.

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Cooking is like love.
It should be entered into with abandon or not at all.
~Harriet van Horne

Breakfast Fruit Delights - Preserving

Put fruit in saucepan add a little liquid. Bring to the boil. Pour or ladle the cooked fruit into hot sterilized jars while it is still hot. Use only jars with vacuum 'pop-seal' lids. Screw lid on tightly. Allow to cool under a towel away from draughts. As the jars cool you will know, and hear, that it has formed a seal if the lid 'pops' into a vacuum concave. A good way to enjoy out-of-season fruits, together with Yoghurt, Granola or Muesli.

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Easy Granola

Ingredients: -

9 cups	Raw oats
2 cups	Soy flour
1 cup	Wheat germ
½ cup	Coconut shredded
2 teaspoons	Salt
¾ cup	Honey
½ cup	Grape seed oil
1 cup	Boiling water,
1 teaspoon	Vanilla
1 cup	Almonds or Cashews or Walnuts

Directions: -

1. Mix together the dry ingredients.
2. Mix together the liquid ingredients separately, before combining.
3. Crumble and bake on cookie sheets. Start at 175°C/350°F for 15 minutes, stir to break up big pieces,
4. Lower oven to 100°C/200°F and bake for 1½ - 2 hours or until dry and golden brown. Stir occasionally.
5. Add 1 cup almonds, or cashews, etc. in the last 5 minutes.
6. Cool completely and store in air tight containers. Keeps well.

This is a delicious crunchy crumble sprinkled over a breakfast or dessert bowl of fresh or preserved fruit. It also makes a great alternative to using pastry.

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Easy Oatmeal

Yield: - 2 servings

Ingredients: -

1 cup	Rolled oats
2 cups	Water
1 teaspoon	Yoghurt
1 tablespoon	Extra-virgin coconut oil ***OR*** butter
	Honey to taste

Directions: -

1. Soak the oats overnight in 1 cup of water with 1 teaspoon of yogurt added.
2. In the morning, add remaining water. Bring to a boil, then simmer for 1-2 minutes. Soaked oatmeal cooks very fast.
3. Add the oil or butter and honey.

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Garden Herb Omelette

Yield: - 2 servings

Ingredients: -

4 each	Fresh organic eggs, at room temperature
3 tablespoons	Extra-virgin coconut oil ***OR*** butter
1 tablespoon	Parsley, finely chopped
1 tablespoon	Chives, finely chopped
1 tablespoon	Thyme, ***OR*** other garden herb
1 pinch	Sea salt

Directions: -

1. Crack eggs into a bowl. Add water and sea salt, and blend with a wire whisk. (Do not over-whisk or the omelette will be tough).
2. Add egg mixture and scatter 1 tablespoon parsley, finely chopped, 1 tablespoon chives, finely chopped, and 1 tablespoon thyme or other garden herb, finely chopped, over omelette as it begins to cook.
3. Tip pan to allow egg to cover the entire pan. Cook several minutes over medium heat until underside is lightly browned.
4. Lift up one side with a spatula and fold omelette in half. Add pinch of sea salt.

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Ginger Muffins

Yield: - 12 muffins

Ingredients: -

1¼ cups	Freshly ground or soaked spelt, ***OR*** kamut, ***OR*** whole wheat flour
¾ cup	Water mixed with 1 tablespoon of yogurt
1 cup	Blueberries, fresh/frozen
1	Egg, lightly beaten
¼ teaspoon	Fine Celtic sea salt
½ cup	Extra-virgin coconut oil
⅓ cup	Honey
2 teaspoons	Baking powder
1 tablespoon	Fresh grated ginger
1 teaspoon	Ground ginger

Directions: -

1. Mix flour with water and yogurt and let stand overnight.
2. Mix in remaining ingredients. Pour into well-buttered muffin tin about ¾ full.
3. Place 5-7 blueberries on each muffin. Berries will fall partway into the muffins.
4. Preheat oven to 200℃/400℉. Bake for 15-20 minutes.

Note: - 1 cup buckwheat flour or cornmeal may be used in place of 1 cup spelt, kamut or wheat flour.

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He that eats till he is sick must fast till he is well.
~English Proverb

Home Made Muesli

Ingredients: -

1 kg.	Raw rolled oats, 2 x 500g. packs (NOT instant)
1 kg.	Processed Wheat Bran, 2 x 500g. packs (NOT All-bran)
1 cup	Sultanas (preferably un-sulphured)
1 cup	Nuts, chopped (almonds, brazil nuts, walnuts cashews etc)
1 cup	Dried fruits, (apricots, apple, cranberry banana crisps etc)
½ cup	sunflower seeds, pumpkin seeds, toasted
½ cup	flaked coconut

Directions: -

1. Work towards a combination of ⅓ oats, ⅓ bran, & ⅓ remainder.
2. Mix well and store in a large sealed container to retain freshness.

Enjoy with yoghurt, and fresh or preserved fruit

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Spicy Apple & Carrot Muffins

Yield: - About 12 medium size muffins.

Ingredients:

½ cup	Dry skim milk powder
3 teaspoons	Baking powder
½ teaspoon	Ground sea salt
½ teaspoon	Allspice
½ teaspoon	Nutmeg
½ teaspoon	Cinnamon
2½ cups	Whole wheat flour
1 cup	Honey
1 cup	Grape seed oil
4 each	Organic eggs
1 teaspoon	Vanilla
1 cup	Unpeeled granny apple, grated
1 cup	Carrot, grated
1 cup	Sultanas, non-sulphured
1 cup	Almonds, chopped

Directions:

1. Preheat oven to 200°C/400°F.
2. In a large bowl, combine milk powder, baking powder, salt, allspice, nutmeg, cinnamon and flour.
3. Combine the honey, oil and eggs and stir into dry ingredients. Do not over mix.
4. Fold in apple, carrot, sultanas and nuts.
5. Spoon into oiled muffin tins. Bake 15 – 20 minutes or until done.

Food is so primal, so essential a part of our lives, often the mere sharing of recipes with strangers turns them into good friends.
~Jasmine Heiler