

Recipe Card



Title Basic Dough Recipe

(Sue Becker's Recipe - Formerly the Zojirushi Autobakery Bread Recipe)

Oven Temp 350° Cooking time 25-30 min Makes 2 loaves

Ingredients

- 1 1/2 cups hot water
- 1/3 cup oil
- 1/3 cup liquid honey
- 2 tsp salt
- 2 Tbsp Lecithin
- 1 tsp gluten (optional)
- 4 - 4 1/2 cups freshly milled flour
- 1/2 cup flax seed, ground in blender (optional)
- 1 Tbsp Yeast

Directions

1. Combine water, oil, honey, and salt.
2. Add lecithin, gluten, half of flour, and ground flax seed.
3. Mix thoroughly.
4. Add yeast and enough flour to make a soft dough.
5. Knead until smooth and elastic (about 5-6 minutes).
6. Let rise until double.
7. Shape as desired and let rise again until double.
8. For 2 - 1 lb. loaves bake at 350F for 25-30 minutes.



Recipe Card



Title Ezekiel Bread
(Sue Becker's Recipe)

Oven Temp 350° Cooking time 40-45 min Makes 3 loaves

Ingredients

- 4 cups hot water
- 1/2 cup oil
- 1 cup liquid honey
- 2 tsp salt
- 8 1/2 cups freshly milled
Ezekiel flour, divided
- 2 tsp quick-rising
(instant) yeast

Directions

1. In a large mixing bowl, beat together
hot water, oil, honey & salt.
2. Add about 5 cups Ezekiel flour and mix until combined.
Sprinkle yeast ovetop and continue mixing. While mixing,
add remaining flour (you should end up with a thick bat-
ter). Continue mixing for about 5 minutes to let the
gluten develop.





3. Divide batter evenly among prepared pans (three 9x5 greased loaf pans). Let rise until batter is about 1/4" from top of pan (about 30 minutes) checking often to make sure loaves do not over-rise. (If you let the batter rise higher, it will overflow the pan while baking.)
4. While loaves are still rising, preheat oven to 350°F.
5. Bake in preheated oven for 40-45 minutes, or until browned and an instant-read thermometer inserted in center of loaf registers 190°F.



Recipe Card



Title Fresh milled Garlic Rolls
(Sue Becker's Recipe - modified)

Oven Temp 350° Cooking time 15 min Makes

Ingredients

- 2 cups of hard white wheat berries
- 1 cup of einkorn berries
- 3 Tbsp of honey
- 1/3 cup of olive oil
- 1 large egg
- 2 Tbsp of sunflower lecithin
- 1 tsp of vital wheat gluten
- 2 tsp of salt
- 2 tsp of garlic powder
- 1 Tbsp of Italian seasoning
- 1 Tbsp of yeast
- 1 1/2 cups of hot water
- One roasted head of garlic

Directions

1. Add all ingredients except roasted garlic to your bread maker in the order specified by the manufacturer.
2. Run the dough setting.
3. After its first rise, knead in the roasted garlic and roll into balls, rise again.
4. Bake at 350° for 15 minutes



Recipe Card



Title Tomato Bread

Oven Temp 350° Cooking time 20-30 min Makes 1 loaf or 8 buns

Ingredients

- 2 1/4 cups warm water
- 1 1/8 tsp salt
- 5 tsp oil
- 3 Tbsp liquid honey
- 3 cups freshly milled flour
(1 part each of kamut, hard white, and hard red)
- 2 1/4 tsp sunflower lecithin
- 1 tsp gluten (optional)
- 2 1/2 tsp freeze dried tomato powder
- 1/2 to 1 tsp garlic powder
- 1/2 to 1 tsp onion powder
- 2 1/4 tsp instant yeast

Directions

1. Add warm water, salt, oil, and liquid honey to the mixer or bread machine
2. Combine dry ingredients: freshly milled flour, sunflower lecithin, gluten, tomato powder, garlic powder, and onion powder
3. Pour dry ingredients over the wet ingredients
4. Make a well in the dry ingredients and add the yeast to





the well

5. If using a bread machine, run on the dough setting for about an hour and a half
6. If using a mixer, mix for 15 minutes and then rest for 25 minutes. Repeat so you've gone through two cycles of mixing and resting.
7. Shape loaf and place in loaf pan. Bake at 350° for 30 minutes
8. If making buns or rolls, bake on lined sheet pan for 20 minutes at 350°



Recipe Card



Title Fruit Bread

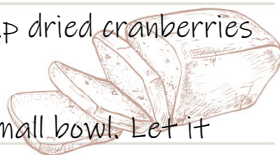
Oven Temp 350° Cooking time 20-30 min Makes 1 loaf or 8 buns

Ingredients

- 3 Tbsp ground flaxseed hard white, and hard red)
- 4 Tbsp filtered water
- 2 1/4 cups warm water
- 1 1/8 tsp salt
- 5 tsp oil
- 3 Tbsp liquid honey
- 3 cups freshly milled flour
(1 part each of kamut,
- 2 1/4 tsp sunflower lecithin
- 1 tsp gluten (optional)
- 2 1/4 tsp instant yeast
- 1/2 to 1 tsp cinnamon
- 1/4 cup raw sunflower seeds
- 1/3 cup raisins
- 1/3 cup dried cranberries

Directions

1. Mix ground flaxseed and water in a small bowl. Let it rest for a couple minutes.
2. Add warm water, salt, oil, and liquid honey to the mixer or bread machine.
3. Add the flaxseed mixture to the wet ingredients.
4. Combine dry ingredients: freshly milled flour, sunflower lecithin, and gluten.





5. Pour dry ingredients over the wet ingredients.
6. Make a well in the dry ingredients and add the yeast to the well.
7. Sprinkle cinnamon over top of dry ingredients.
8. If using a bread machine, run on the dough setting for about an hour and a half.
9. If using a mixer, mix for 15 minutes and then rest for 25 minutes. Repeat so you've gone through two cycles of mixing and resting.
10. On your work surface spread sunflower seeds, raisins, and dried cranberries. Pour dough on top of fruit mixture. Using oiled hands, fold the dough, gently incorporating the fruit.
11. Shape loaf and place in loaf pan. Bake at 350° for 30 minutes.
12. If making buns or rolls, bake on lined sheet pan for 20 minutes at 350° .
13. Optionally, add an egg wash and more sunflower seeds before baking.



Recipe Card



Title **Banana Millet Muffins**
(Sue Becker's Recipe)

Oven Temp **400°** Cooking time **20 min** Makes **12**

Ingredients

- 2 1/4 cups freshly milled Ezekiel flour
- 1/4 cup whole millet
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 egg
- 1/2 cup oil
- 1/2 cup liquid honey
- 1 cup buttermilk
- 1 tsp pure vanilla extract
- 2-3 bananas

Directions



1. In a large bowl, whisk together flour, millet, baking powder, baking soda, salt, cinnamon & nutmeg. Make a well in the center. Set aside.
2. In another bowl, whisk together egg, oil, honey, buttermilk & vanilla. Add all at once to flour mixture. Stir together just until dry ingredients are moistened. Fold in mashed bananas.



3. Divide batter evenly among prepared muffin cups, filling three-quarters full. Bake in preheated oven for 20 minutes (15 for mini muffins), until golden brown and tops spring back when lightly touched.



Recipe Card



Title **Blueberry Muffins**

(Sue Becker's Recipe - modified)

Oven Temp **400°** Cooking time **20 min** Makes **12**

Ingredients

- 2 1/4 cups freshly milled Hard Red flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 egg
- 1/2 cup oil
- 1/2 cup liquid honey
- 3/4 cup Greek yogurt
- 1/4 cup milk
- 1 tsp pure vanilla extract
- 1 cup blueberries (fresh or frozen)

Directions



1. In a large bowl, whisk together flour, baking powder, baking soda, salt, cinnamon & nutmeg. Make a well in the center. Set aside.
2. In another bowl, whisk together egg, oil, honey, yogurt, milk & vanilla. Add all at once to flour mixture. Stir together just until dry ingredients are moistened. Fold in blueberries.



3. Divide batter evenly among prepared muffin cups, filling three-quarters full. Bake in preheated oven for 20 minutes (15 for mini muffins), until golden brown and tops spring back when lightly touched.



Recipe Card



Title Basic Whole Wheat Pancakes

Oven Temp _____ Cooking time _____ Makes _____

Ingredients

- 3 cups freshly milled flour
- 3-4 cups buttermilk
- 1 tsp salt
- 1 tsp baking soda
- 2 1/2 tsp baking powder
- 1/3 cup oil
- 4 eggs

Directions

1. Mix together dry ingredients
2. Add liquids
3. Stir until just mixed
4. Fry on hot oiled griddle
5. Serve with honey sweetened strawberries and honey vanilla whipped cream, maple syrup, or honey
6. To use sweet milk instead of buttermilk omit soda and increase baking powder to 4 tsp



Recipe Card



Title Chocolate Chip Cookies

Oven Temp 350° Cooking time 7-9 min Makes

Ingredients

- | | |
|---------------------------|-------------------------------|
| • 1 cup butter (softened) | • 3 cups freshly milled flour |
| • 1 cup sucanat | • 1 Tbsp cornstarch |
| • 3/4 cup honey granules | • 1/2 tsp baking soda |
| • 1 egg | • 1/2 tsp baking powder |
| • 1 egg yolk | • 3/4 tsp salt |
| • 1 1/2 tsp vanilla | • 1 1/2 cups chocolate chips |

Directions

1. Combine honey granules, sucanat, and butter
2. Add egg, egg yolk, and vanilla
3. In a separate bowl combine the dry ingredients: freshly milled flour, cornstarch, baking soda, baking powder, and salt
4. Combine wet and dry ingredients
5. Add chocolate chips





6. Rest on counter for 30 minutes
7. Chill in fridge for 30 minutes
8. Line cookie sheet with parchment paper
9. Bake 7-9 minutes

