

Brownie Pudding

Brownie Pudding



an old family favorite!

- 1 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup sugar
- 2 Tbsp cocoa
- 1/2 cup milk
- 1 tsp vanilla
- 2 Tbsp butter, melted
- 3/4 cup walnuts, chopped (optional)
- 3/4 cup brown sugar
- 1/4 cup cocoa
- 1 3/4 cup boiling water

1. Preheat oven to 350°
2. Grease a 8x8x2 pan
3. Sift flour, baking powder, salt, sugar and 2 Tbsp cocoa together into a medium bowl

4. Stir in vanilla and milk, whisk/stir until smooth
5. Stir in melted butter, blend well
6. Add nuts if using and spread into greased pan
7. Mix together brown sugar and 1/4 cup cocoa and sprinkle over batter.
8. Pour boiling water evenly over top.
9. Bake for 45 minutes.
10. Serve warm or room temp – delicious with ice cream or whipped cream

Dessert
brownies

Tallow Body Butter



****Disclaimer – this recipe is not meant for healing purpose. Perform your own research and tests.**

This is the only lotion I use now – my skin has never been more moisturized or softer! And it kicked Doug's eczema to the

curb!

- Double Boiler

- 1/2 cup 104 grams – grass fed tallow
- 1/8 cup 28 grams – shea butter
- 1/8 cup 30 mL avocado oil
- 30-40 drops favorite essential oil (optional)

1. In a double boiler melt tallow and shea butter
2. Once it is melted, remove from heat and allow it too cool slightly
3. Once slightly cooled, add in avocado oil and essential oils, if using
4. Place in the refrigerator and allow to set up for about 45 minutes or until your finger when placed in it holds an indent.
5. At this point, you can use a hand mixer and whip the lotion for a whipped body butter.
6. Store in an airtight, glass container like a mason jar. I do not refrigerate mine.

Bath and Beauty
Lotions

Habachi Style Steak

Hibachi Style Steak Bites



Sauce

- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons teriyaki sauce/mirin
- Pepper to taste

Meat

- 1 lb. boneless steak like sirloin/fillet (cut into bite-sized pieces)
- 1 tablespoon butter
- 1 teaspoon garlic (minced)
- 1/4 teaspoon sesame oil (optional)

1. Combine the sauce ingredients and set aside.
2. Over medium-high heat, melt the butter and toss in the garlic. Saute until fragrant, about half a minute.
3. Add in the steak bites and toss to combine.
4. Pour in the sauce and toss to coat the meat thoroughly.
5. Stir-fry for about 5 minutes until the sauce has cooked down and the beef is seared.
6. Finish with a drizzle of sesame oil (optional)

Main Course

Beef

Vanilla Chai Latte Bread

Vanilla Chai Latte Bread



Bread

- 1 cup milk
- 4 vanilla chai tea bags
- 1/2 cup butter softened
- 3/4 cup sugar
- 2 large eggs
- 2 tsp vanilla extract
- 2 cup unbleached all purpose flour
- 2 tsp baking powder
- 1/2 tsp sea salt
- 3/4 tsp ground cardamom
- 1/4 tsp cinnamon
- 1/8 tsp ground cloves

Glaze

- 1 cup powdered sugar
- 1/4 tsp vanilla

▪ 3-5 Tbsp milk

1. Preheat oven to 350 F.
2. Butter or grease an 8"x4" loaf pan (or 3 mini loaf pans)
3. In a small saucepan, heat the milk over medium heat just until warm. Don't let it boil.
4. Remove from heat and add 1 Vanilla Chai teabag. Cover and let it steep for 10 minutes.
5. In a small mixing bowl, mix flour, baking powder, salt, cardamom, cinnamon, cloves and the contents of the other 3 teabags. Set aside.
6. In the bowl of your stand mixer, cream the butter and sugar until light and fluffy.
7. Beat in eggs, one at a time.
8. Add vanilla extract and steeped milk and beat well.
9. **At this point, if you would like, you can add in 1/3 cup of sourdough discard**
10. Now add the dry ingredients to the butter mixture one third at a time. Beat well after each addition.
11. Pour the batter into your prepared loaf pan. Smooth the top.
12. Bake in a preheated oven for 50 to 65 minutes. (or 25-30 minutes for mini loaf pans)
13. A toothpick or cake tester inserted in the center should come out clean.
14. Remove from the pan and allow to cool on a wire rack for at least 20 minutes before slicing.
15. Mix glaze ingredients together and pour over top of cooled loaf

Bread, quick bread, Snack
chai

Cinnamon Coffee Cake

Cinnamon Coffee Cake



Simple and Delicious

Cake

- 1 cup flour
- 3 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 cup milk
- 1/2 cup sugar
- 1/2 tsp salt
- 4 Tbsp butter, melted
- 1 large egg

Topping

- 1/4 cup sugar
- 1/2 tsp cinnamon

1. Preheat oven to 350 degrees.
2. Combine flour, baking powder, cinnamon, milk, sugar, butter and egg in a mixing bowl.
3. Stir until ingredients are thoroughly mixed.

4. Pour batter into a greased 8×8 baking pan.
5. Mix together cinnamon and sugar for topping and spread evenly on top. Take a butter knife and swirl cinnamon sugar topping into the cake a bit.
6. Bake for 15-20 minutes, until a toothpick inserted in the center comes out clean.

Brunch, Dessert
American

Lemon (or Cranberry) Cooler

Lemon (or Cranberry) Cooler

This is an old family recipe – the original way it was written was with cool whip in place of the homemade whipped cream. You can absolutely still make it like that, we just don't use cool whip in our home. No matter what way you make it, it will become a favorite. I make the lemon version in the spring/summer and the cranberry version in the fall!

1st Layer

- 1 stick butter, melted
- 1 cup flour
- 1/2 cup walnuts, chopped

2nd Layer

- 1/2 cup heavy cream OR 1 cup Cool Whip

- 11 ounces cream cheese
- 1 cup + 2 Tbsp powdered sugar, divided

3rd Layer for LEMON COOLER

- 3 packages instant lemon pudding
- 4 cups milk

3rd Layer for CRANBERRY COOLER

- 2 packages orange jello
- 3 cups water
- 2 cups cranberries
- 1 cup sugar

4th Layer

- 1 cup heavy cream OR 2 cups cool whip
- 1/4 cup powdered sugar (IF USING HEAVY CREAM)
- 1/4 cup chopped walnuts

1st Layer

1. Stir together melted butter, flour and nuts.
2. Lightly grease a 9×13 pan. Pat dough evenly in pan. Dough will be thin.
3. Bake at 350° for 15 minutes. Cool completely

2nd Layer

1. Whip heavy cream into whipped cream, adding 2 Tbsp powdered sugar. Set aside
2. With an electric mixer, beat 1 cup powdered sugar and cream cheese until smooth. Mix in whipped cream (or cool whip)
3. Spread over cooled crust

3rd Layer – Lemon Cooler

1. Mix 3 packages lemon pudding mix with 4 cups of milk until thick
2. Spread over cream cheese layer

3rd Layer – Cranberry Cooler

1. Steam 2 cups of cranberries. Mash
2. Mix with 1 cups of sugar
3. Mix jello with 3 cups of water. Mix until it dissolves.
4. Stir in cranberries. Let set/cool a bit. Spread over cream cheese mixture

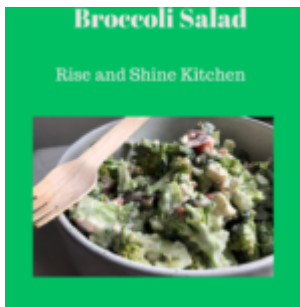
4th Layer

1. Beat heavy cream with powdered sugar. (OR USE COOL WHIP)
2. Spread over pudding/jello layer
3. Sprinkle with nuts
4. Chill for an hour before serving

Dessert
Desserts
lemon

Broccoli Salad

Broccoli Salad



- 20 oz raw broccoli florets
- 1/4 cup chopped red onion
- 8 slices crisp bacon
- 1/2 cup golden raisins
- 1 1/2 cups mayo
- 1/2 cup sugar
- 1 Tbsp vinegar

1. Break broccoli apart into bite size pieces, cutting off any hard stems
2. In a bowl, combine broccoli, bacon, raisins and onion – mix well
3. In another bowl, combine mayo, sugar and vinegar – mix well
4. Pour mayo mixture over broccoli mixture and mix until well combined.
5. Refrigerate at least 1 hour before serving.

Side Dish
side dish, Vegetable

Quick Sourdough English Muffins

Quick Sourdough English Muffins



- 2/3 cup milk
- 1 Tbsp sugar
- 2 Tbsp butter
- 1 cup sourdough starter mature
- 1 tsp instant yeast
- 2 cups all-purpose flour
- 1/2 tsp kosher salt
- Cornmeal for dusting

1. Heat milk to 115F. Add the sugar and stir to dissolve. Add the butter and stir until melted. Transfer to a large mixing bowl.
2. Stir in the sourdough starter. Sprinkle instant yeast and stir.
3. Add one cup of flour and the salt, and mix thoroughly.
4. Add another cup of flour and mix by hand. The dough should be slightly sticky.
5. Turn the dough in a lightly floured work surface. Roll out 1/2" thick and cut into 3" circles. Collect the cut-offs, re-roll and cut.

6. Transfer to a baking sheet dusted with cornmeal. Turn each muffin in cornmeal.
7. Cover and let rise for 1 hour or until the muffins double in size.
8. Preheat a skillet or a griddle to medium-low heat. Cast iron is best. Cook for about about 5-8 minutes per side or until the muffins are cooked through. I find they cook better if you cover the pan with a lid after you flip them.
9. Remove, split and toast. Leftover muffins can be frozen for later. Just thaw them and toast before consuming.

Bread, Breakfast
Bread

Homemade Bisquick

Homemade Bisquick

- 5 cups all purpose flour (you can use up to half whole wheat flour)
 - 1/4 cup baking powder
 - 2 Tbsp. sugar
 - 1 tsp. salt
 - 1 cup butter
1. Mix dry ingredients together then cut in butter until crumbly. (I like to use a pastry blender to do this.)
 2. Store in refrigerator and use cup for cup as you would

Bisquick.

Mixes

Stuffed Shells

Stuffed Shells



The BEST stuffed shells you will ever make! Makes approx 33

- 1 box jumbo shells
- 32 oz spaghetti sauce
- 2 lbs. ricotta cheese
- 8 oz. shredded mozzarella
- 4 oz grated parmesan
- 4 oz grated romano cheese
- 3 Tbsp sugar (optional, I don't use)
- 1/4 tsp pepper
- 1/2 tsp salt
- 1 tsp garlic powder
- 1/2 tsp basil
- 2 tsp parsley

- 3 eggs

1. Cook shells as directed
2. Pour some sauce into a large baking dish, save some to top shells with
3. Mix all other ingredients together.
4. Drain and rinse shells
5. Stuff shells and line in pan.
6. Cover with remaining sauce as desired
7. Sprinkle on some extra parmesan/romano cheese
8. Cover with foil
9. Bake at 350 for 40 minutes, uncover and bake an additional 5-7 minutes

main dish, pasta

Italian, pasta