

Mom's White Bread

(2 loaves)

2 ½ cups water
2 tbsp. butter, melted
6 cups flour
2 tsp. salt
2 tbsp. sugar
¼ cup milk
1 ½ tbsp. yeast

Pizza

(2 crusts)
(carbs - 25 g/slice)

1 ½ tbsp. yeast
2 cups water
¼ cup olive oil
2 tsp. sugar
2 tsp. salt
5-6 cups flour

Challah #1

(3 braids)

1 ½ tbsp. yeast
2 cups water
¼ cup sugar
¼ cup butter, melted
4 tsp. salt
3 eggs
3 cups flour – rest
4 ½ cups flour – knead

Rise 1 ½ hours.
Shape, brush with egg yolk.
Rise 1 hour.
Bake 375, 30-45 min.

Challah #2

(3 braids)

1 ½ tbsp. yeast
1 ¾ cups water
½ cup sugar
½ cup butter, melted
1 tbsp. salt
4 eggs
3 cups flour – rest
4 ½ cups flour – knead

Soaked Wheat Bread

(2 loaves)

2 cups water
5 cups wheat flour
¼ cup yogurt - soak 16-24 hours

3 tbsp. sugar
2 tsp. salt
¼ cup gluten
¼ cup butter, melted
2 tsp. yeast

Erma's Half Wheat Bread

(3 loaves)

2 tbsp. yeast
3 cups water
½ cup sugar
½ tsp. salt
½ cup butter, melted
2 eggs
4 cups wheat flour
4-5 cups white flour

Sourdough

(3 large loaves)

2 quarts sourdough starter
13 cups flour
2 ½ tablespoons sea salt
1 ½ cups water

Knead 10-15 minutes.
Shape, slit dough.
Rise 4-12 hours.
Bake 350, 1 hour.

Starter:
2 cups rye flour
2 cups water
Daily – add 1 cup rye flour, 1 cup water.
1 week for 3 quarts.

Tortillas

3 cups flour
2 tsp. baking powder
2 tsp. salt
¾ cup butter
¾ cup hot water

Pep-Up Smoothie

2 eggs
¼ cup yogurt
¼ cup coconut milk
½ cup orange juice, fruit, etc.
Nutmeg or vanilla
1-2 cups milk

Hot Cocoa

1 tbsp. cocoa powder
1 tbsp. sugar
Pinch of salt
2 oz. water
- Microwave 30 sec., stir
6 oz. milk
- Microwave 1 ½ min., stir

Refried Beans

(soak beans overnight)

4 cups pinto beans
10 cups water
2 tsp. onion powder
1 tsp. garlic powder
4 tsp. chili powder
3 tsp. ground cumin

Ranch Dressing

1/3 cup sour cream
½ cup mayo
½ cup buttermilk
Dijon
Garlic
Chives
Parsley
Dill
Vinegar or Lemon
Salt & Pepper