Whole Grains Recipes

Peanut Butter Cookies

1 cup margarine, softened
1 cup white sugar
1 cup brown sugar
1 cup peanut butter
2 eggs
2 tsp. baking soda
1 tsp. salt
2 ¾ cup flour (substitute with ½ whole wheat flour)
2/3 cup ground flax
2 tsp. vanilla extract

Mix margarine and peanut butter, add sugars, and then gradually add eggs and vanilla extract. Add baking soda, salt and ground flax to flour. Then mix all together. Spoon on to cookie sheet and bake at 375 degrees for about 10 minutes.

*Submitted by Elaine Wise

Blueberry-Flax Muffins

2 cups all purpose flour
2 cups whole wheat flour
2 cups ground flax
1 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1 tsp cinnamon
½ cup sugar
½ tsp vanilla extract
1 tsp almond extract
4 egg whites or 2 eggs
1 cup applesauce
2 tsp. lemon juice
2 cups buttermilk
1 cup frozen blueberries

*Submitted by Elaine Wise

**Whole Wheat Chocolate Chip Cookies**

¾ cup granulated sugar  
¾ cup packed brown sugar  
1 cup butter or margarine, softened  
1 tsp. vanilla  
1 egg  
2 cups whole wheat flour  
1 tsp. baking soda  
½ tsp. salt  
1 bag semisweet chocolate chips (2 cups)

Heat oven to 375. In a large bowl, stir sugars, butter, vanilla and egg until well blended. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips. On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart. Bake 8-10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheets to cooling racks. Makes 3 dozen cookies.

*Submitted by Patricia Stetzel

**Honey-Whole Wheat Bread**

2 packages regular active dry yeast  
¼ cup warm water (105-115 degrees)  
½ cup honey  
¼ cup butter or margarine  
3 tsp. salt  
2 ½ cups very warm water (120-130 degrees)  
4 ½ cups whole wheat flour  
2 ¾ to 3 ¾ cups all purpose flour
In a small bowl dissolve yeast in warm water, set aside. In a large bowl, mix honey, butter, salt and very warm water; cool 5 minutes. To cooled honey mixture, beat 3 cups of the whole wheat flour with electric mixer on low speed, scraping bowl frequently, until moistened. Beat on medium speed 3 minutes, scraping bowl frequently. Beat in remaining 1 ½ cups whole-wheat flour and dissolved yeast. With spoon, stir in 2 ¼ to 2 ¾ cups of the all-purpose flour until dough pulls cleanly away from side of bowl. Place dough on floured work surface. Knead in remaining ½ to 1 cup all-purpose flour; continue kneading 5 to 10 minutes until dough is smooth and springy. Grease large bowl with shortening or cooking spray; place dough in bowl turning dough to grease all sides. Cover loosely with plastic wrap and cloth towel. Let rise in warm place 30 to 45 minutes or until doubled in size. Generously grease 2 loaf pans with shortening or cooking spray. Gently push fist into dough to deflate; divide in half. On lightly floured surface, roll each half of dough with rolling pin into 18x18 inch rectangle. Starting with one 8-inch side, roll up dough tightly, pressing with thumbs to seal after each turn. Pinch edge of dough into roll to seal; pinch each end to seal. Fold ends under loaf; place seam side down in pan. Cover; let rise in warm place 30 to 45 minutes or until doubled in size. Heat oven to 375 degrees. Uncover dough; bake 30 minutes. Reduce oven temperature to 350 degrees; bake 10 to 15 minutes longer or until loves sound hollow when lightly tapped. Immediately remove from pans to cooling racks. Cool completely, about 1 hour. Makes 2 loaves of bread.

*Submitted by Patricia Stetzel

**Beef Barley Soup**

½ cup peeled chopped carrots
½ cup chopped celery
½ cup chopped yellow onion
1 tsp. butter
4 cups of beef broth
4 cups of water
1 ½ lb. beef stew meat
1 (14.5 oz.) can diced tomatoes, un-drained
1 ¼ cup barley
1 tsp. chili peppers or ½ cup bell peppers
½ tsp. dried oregano
1 cup frozen peas

Add salt and pepper to taste
Optional ingredients: dried or fresh basil, bacon, garlic powder or fresh cloves, chopped, minced, whole or crushed

Dice stew meat into bite-size pieces. Saute in butter until browned. Carrots, celery, onion and bell pepper can be added to this process and sweated before adding to stewing pot.

Barley should be cleaning and rinsed before adding to boiling water. Cook barley over medium heat for 30 to 45 minutes. Now, add meat/vegetable mix and beef broth to stewing pot. Add oregano and frozen peas at this time if you are using chili peppers instead of or in addition to bell pepper this is the time. Fresh basil, garlic cloves and partially cooked bacon can now be added also. Cook on low heat for another 30 to 45 minutes. This recipe makes enough for two dinners at our house.

*Submitted by Glenn Simar

Swiss Breakfast Parfait

1 cup quick or old fashioned oats, uncooked
Two cartons nonfat or low-fat vanilla yogurt
One can (8oz crushed) pineapple in juice, un-drained
2 tbsp. sliced almonds
2 cups of strawberries (frozen, thawed and sliced)

In a medium bowl combine oats, yogurt, pineapple and almonds; mix well. Cover; refrigerate overnight or up to 1 week.


*Submitted by Sharon McDonald

Thank you to all who submitted a recipe!