

Whole Grain Applesauce Spelt Pancakes

Class 38: Marla Danielson

Yield: 10 small pancakes

1. 1 c. whole grain spelt flour
2. 1 ½ t. baking powder
3. ½ t. salt
4. ¼ t. cinnamon
5. 1 c. plant-based milk
6. ¼ c. applesauce
7. 1 t. vanilla
8. 1 T. maple syrup

Stir together ingredients #1-4 then add remaining ingredients. Place on hot griddle, 300 degrees, and brown lightly on both sides. Serve with **Maple Cinnamon Applesauce**, plant-based butter and maple syrup or your favorite toppings. Enjoy!

Maple Cinnamon Applesauce

1. 4 c. apples, peeled, cored, chopped
2. ¾ c. water
3. 2 T. maple syrup
4. Sprinkle of cinnamon

Wash and prepare apples. Rinse and drain. Place in small kettle. Bring to a boil. Cover and reduce heat. Cook for 15-20 minutes. Mash with potato masher for chunky texture or blend in blender for smooth texture. Delicious!

Did You Know?

Spelt is a type of wheat, and spelt flour is a type of whole wheat flour made from the entire grain (bran, endosperm, germ, and all). In the wide world of whole wheat flours, spelt performs the closest to all-purpose white flour while bringing a lot more flavor.

Breakfast Sausage Patties

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Yield: 16 small patties

1. ½ c. each: quick oats, walnuts
2. 1 can Progresso Lentils, drained and rinsed (1 ½ c. cooked, seasoned lentils)
3. 1 flax egg (1 T. flaxmeal mixed with 3 T. water)
4. 2 t. each: onion powder, sage
5. ¼ t. each: rosemary, garlic powder, salt, paprika, coriander, Italian seasoning
6. ¼ c. panko bread crumbs
7. 1 T. each: maple syrup, Bragg's Liquid Aminos

Place oats and walnuts in food processor and process until fine texture. Add all remaining ingredients and pulse some more, stopping to stir and scrape from sides. Place into bowl and form into small patties and fry with a bit of olive oil. For a quick, tasty topping: blend 1 can stewed tomatoes, Mexican style, in blender until smooth. Use like salsa. Enjoy!

Tropical Fruit Smoothie

Marla Danielson

1. 1 banana
2. 1 orange
3. 1 apple
4. ½ c. frozen raspberries
5. 1 c. frozen tropical fruit
6. Plant-based milk, just below level of fruit

Place all ingredients in blender and blend until smooth. Enjoy!

Special add-ins: a sprinkle of flaxmeal, a sprinkle of lemon powder or juice of a fresh lemon, chia seeds, dates.

Maple Cinnamon Rolls

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Yield: 12 rolls

1. 1 T. quick-rise yeast
2. 1/3 c. warm water
3. 1 T. agave
4. ½ c. raw pecans
5. 2/3 c. warm water
6. 1 t. vanilla
7. 2 ½ c. white spelt flour
8. 1 t. salt
9. ½ t. cinnamon

Mix ingredients #1-3 in medium bowl and set aside. Blend pecans and water in blender and add to yeast mixture. Add vanilla, stir in 1 c. of the flour and let rest for 15 minutes until it's spongy. Add remaining flour, salt and cinnamon and knead lightly on well-floured surface until smooth (just a few minutes) adding more flour if needed. Let rest while preparing filling.

Prepare the filling by mixing in a small bowl 2/3 c. brown sugar, 1 ½ t. cinnamon and 1 t. maple flavoring. Roll out dough into a large rectangle on well-floured surface. Melt 3 T. margarine and brush evenly over dough, reserving 1 T. Next spread brown sugar mixture evenly over dough carefully and roll up tightly, sealing long seam, when done, by pinching them together. Slice into 12 equal pieces and place in an oiled or parchment-lined extra-large round cake pan. Brush the extra melted margarine over tops, sprinkle with extra cinnamon and let rise for 15 minutes. Bake at 325° for 25 minutes. Drizzle, if desired, with a mixture of ½ c. powdered sugar and 1-2 t. of water (add water a little at a time until you reach the right consistency) or frost with store-bought vegan frosting. Sprinkle a bit of extra cinnamon on top of frosting if desired. Enjoy!