

Willapa Harbor SDA Church Brunch, February 23, 10:00 a.m.

Menu: Pancakes served with fresh fruit, applesauce, and maple syrup, Granola, Breakfast Potatoes, Cinnamon Rolls, and GF Breakfast Muffins

1 Corinthians 10:31 *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

All Recipes by Marla Danielson

Applesauce Spelt Pancakes Yield: 10-12 small pancakes

- 1 c. whole grain spelt flour
- 1 t. baking powder
- ½ t. salt
- ½ t. coriander
- 1 c. plant-based milk
- ¼ c. applesauce
- 1 T. maple syrup
- 1 t. vanilla

Stir together dry ingredients then stir & whisk in remaining ingredients. Lightly brush griddle or fry pan with olive oil and scoop batter on, and brown both sides. Enjoy to the glory of God!

GF Applesauce Oat Pancakes

- 1 c. quick oats
- 1 ½ t. baking powder
- ½ t. Each: salt, flaxmeal
- ½ t. coriander
- ¾ c. plant-based milk
- ¼ c. applesauce
- 1 T. maple syrup
- 1 t. vanilla

Blend all ingredients in a blender until smooth. Lightly brush griddle or fry pan with olive oil and scoop batter on, and lightly brown both sides. Enjoy to the glory of God! Yield: 10-12 small

GF Breakfast Muffins Yield: 20 mini muffins

- 1 flax egg (mix 1 T. flaxmeal with 3 T. water)
- 2 T. melted plant butter
- ¼ c. each: applesauce, mashed banana, coconut sugar
- 1 ½ t. baking powder
- 1 t. each: coriander, vanilla
- ½ t. each: salt, Cinnamon
- ¾ c. oat flour
- ½ c. blanched almond flour
- ½ c. raisins

Preheat oven to 350°. Mix all ingredients well. Using a cookie scoop, scoop into mini silicone muffin tray. Bake for 18-20 minutes. Let cool in tray. Enjoy to the glory of God!

Homemade Applesauce *(no sugar added)*

Core and chop apples and place in pressure cooker or instant pot. Add water, for a thin layer on bottom. Turn setting to rice and cook for 12 minutes. Let pressure release naturally. Run through a fruit strainer or applesauce maker. Add coriander to give good flavor. No sugar needed. Enjoy to the glory of God!

Homemade Granola

2 c. each: quick oats, old-fashioned oats

½ c. chopped pecans

¼ c. sliced almonds

1 t. each: salt, vanilla, coriander

⅓ c. maple syrup

¼ c. olive oil (scant)

Opt. add-ins (after baked): raisins or other dried fruit

Preheat oven to 250°. Mix all the dry ingredients. Add the wet ingredients and mix well. Place on baking tray and bake for 1 hour, no need to stir. Let cool on tray and enjoy to the glory of God!

Breakfast Potatoes *(gold potatoes and sweet potatoes)*

Preheat oven to 400°. Line a baking dish with parchment paper. Peel and chop gold potatoes and place in baking dish. Drizzle lightly with olive oil and sprinkle with salt, and mix. Bake for 45-55 minutes, until tender. Peel sweet potatoes and chop. Place in a separate parchment-lined baking dish, drizzle lightly with olive oil and sprinkle with salt, and mix. Bake for 35-45 minutes, until tender. Gently combine them, sprinkle with parsley flakes and enjoy to the glory of God!

Cinnamon Spelt Rolls with Raisins & Pecans

½ c. warm water

½ T. yeast

½ T. maple syrup

½ T. olive oil

¼ c. blanched almond flour

1 ½ c. white spelt flour

½ t. Each: salt, coriander

Raisins, chopped pecans

–Preheat oven to 325°. Dissolve yeast in warm water and add all remaining ingredients. Stir until a loose ball forms and flour is cleaned from sides of bowl. Place on lightly floured countertop, and sprinkle top of dough lightly with flour. Knead into a smooth ball (It doesn't take long!) Cover with a light cloth and let rest for 10 minutes. Lightly flour countertop again, and roll dough into a rectangle (about 12 in. wide and 9 in. tall). Melt 1 T. plant butter and brush over dough. In a small bowl, mix together 4 T. coconut sugar (scant), and ½ t. Each: coriander, vanilla powder (opt.), and cinnamon. Sprinkle over the dough evenly, then sprinkle with raisins (about ½ c.) and chopped pecans (about ¼ c.) Roll up and cut into 8 rolls. Place in a parchment-lined glass pie dish placing 7 around the edges and 1 in the middle. Press each roll down lightly so they're all the same. Let rest for 10-15 minutes. Bake for 15-18 minutes. Opt.: spread warm rolls from oven with a bit of plant butter and drizzle rolls with maple syrup (½ T. divided among all). Cool in the dish and enjoy to the glory of God!

The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand, by co-operating with the Master Worker in restoring physical and spiritual health. This work bears the signature of Heaven and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently. {Counsels on Health 443.4}

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