

Bread

From the Kitchen of [Dakota Family Mill](#)

Buttermilk Berry Muffins

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| <ul style="list-style-type: none"> • 1 large egg, lightly beaten • $\frac{3}{4}$ cup buttermilk • $\frac{2}{3}$ cup canola oil • 1 tsp. vanilla extract • 1 cup Dakota Family Mill whole white wheat flour • A scant $1\frac{1}{2}$ cup all purpose flour (a little less than $1\frac{1}{2}$ cups) | <ul style="list-style-type: none"> • $\frac{3}{4}$ cup white sugar • 2 tsp. baking powder • $\frac{1}{4}$ tsp. baking soda • $\frac{1}{4}$ tsp. salt • Zest of orange (optional) • 2 cups fresh or thawed berries (blueberries, raspberries, blackberries and/or strawberries) |
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Preheat oven to 375 degrees. Spray muffin tins with a non stick cooking spray. Makes 12 regular size, or 24 mini + 6 regular size muffins.

In a bowl whisk together egg, buttermilk, oil and vanilla. In another large bowl combine flours, sugar, baking powder, baking soda, salt and orange zest (optional).

Gently fold in berries. With a rubber spatula fold the wet ingredients into the dry ingredients and stir only until the ingredients are combined. Do not over mix the batter or the muffins will be tough.

Fill each muffin cup almost full of batter. Place in oven and bake until toothpick inserted in the center of the muffin comes out clean, about 20 minutes for regular size muffins, and about 15 minutes for the minis.

I found this recipe on the internet and made just a few changes to increase my family's fiber intake. Providing it's easy to adapt a recipe...yet another delicious way to get your fiber!

Coretta's Buttermilk Waffles

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| <ul style="list-style-type: none"> • 2 eggs • $1\frac{1}{2}$ cups buttermilk • $\frac{3}{4}$ cup Dakota Family Mill White Whole Wheat Flour • $\frac{3}{4}$ cup all-purpose flour | <ul style="list-style-type: none"> • $\frac{1}{4}$ cup oil • $\frac{1}{4}$ tsp. salt • 2 tsp. baking powder • 1 tsp. soda |
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<p>Mix all ingredients together with electric mixer or by hand just until blended. Batter will be a little lumpy.</p> <p>This recipe makes about 5 Belgian round waffles. Double the recipe for double the treat!!!</p>	
<p>Whole White Wheat Honey Bread</p>	
<ul style="list-style-type: none"> • 1 1/8 cups warm water • 3 cups Dakota Family Mill whole white wheat flour • 1 1/2 teaspoons salt 	<ul style="list-style-type: none"> • 1/3 cup honey • 1 tablespoon dry milk powder • 1 1/2 tablespoons shortening • teaspoons instant dry yeast
<p>Place ingredients in bread machine pan in the order suggested by the manufacturer. Select Whole Wheat setting, and then press Start. Makes a 1 1/2 pound loaf.</p>	
<p>Bread Machine Buns</p>	
<ul style="list-style-type: none"> • 1 egg • 1/4 cup shortening • 1 cup milk • 1 1/2 cups Dakota Family Mill white whole wheat flour (<i>spoon into cup, do not pack</i>) 	<ul style="list-style-type: none"> • 1 1/2 cups all-purpose white flour • 1/4 cup sugar • 1 tsp. salt • 1 pkg. rapid rise yeast or 2 heaping teaspoons of bulk bread machine yeast
<p>Place in bread machine in this order. Press dough cycle. When done make into 12 buns. Let rise in warm place for 1 hour. Bake 350° for 12-15 minutes. (<i>If your baking pan is dark, your buns may not take as long to get done.</i>)</p>	
<p>Coretta's Buttermilk Pancakes</p>	
<ul style="list-style-type: none"> • 4 eggs - beat well • 1 quart buttermilk • 1/2 cup vegetable oil 	

Beat these 3 ingredients well.	
Add:	
<ul style="list-style-type: none"> • 3 tablespoons sugar • 2 cups Dakota Family Mill whole white wheat flour • 1½ cups all-purpose flour 	<ul style="list-style-type: none"> • 2 tsp. salt • 1 tablespoon soda • 2 tablespoons baking powder
Mix well. Do not mix too much, just until blended.	
This recipe makes quite a few pancakes. For 3-4 persons, I half the ingredients.	
Potato Bread	
<ul style="list-style-type: none"> • 1¼ cups warm water • 3 Tablespoons oil • 2 tsp. salt • 3 Tablespoons sugar • 3 Tablespoons dry milk 	<ul style="list-style-type: none"> • ¼ cup instant potato flakes • 2 cups Dakota Family Mill whole white wheat flour • 2 cups bread flour • 2 tsp. active dry yeast
For best results, start with all ingredients at room temperature and add in order given. Follow your bread machine instructions for a 2 pound loaf of white bread. (I program machine to 'dough' setting. Punch down and form into loaf, place in bread loaf pan. Let rise and bake in a 350° preheated oven for 28-30 minutes.) Spread top with butter while still warm.	
Quick Whole Wheat Pizza Crust	
<ul style="list-style-type: none"> • 2 cups Dakota Family Mill white whole wheat flour • 1 pkg. active dry yeast/instant yeast • ¾ teaspoon salt 	<ul style="list-style-type: none"> • 1 cup hot tap water (120°-125°F) • 1 tablespoon vegetable oil • 1 tablespoon honey or granulated sugar
Preheat oven to 425°F.	
To prepare pizza dough, stir whole wheat flour, lightly spoon into a measuring cup and level flour.	
In large mixing bowl, combine whole wheat flour, yeast and salt. Blend in water, oil and honey or sugar. Stir by hand vigorously or with electric mixer until all ingredients are well mixed; about 3 minutes. Cover with plastic wrap and let rise to desired size (1/2 to 1 hour).	

Place dough in greased 15 x 10 x 1 inch jelly roll pan or 12 to 14 inch pizza pan. Press dough to cover bottom of pan and up sides to form a rim. Add pizza sauce of your choice and your favorite pizza toppings; bake in oven 15 to 20 minutes or until crust is golden brown and toppings are done.

Calories/Serving: 146 calories/slice of crust only

Servings: Provides 8 servings

Nutrition (according to Wheat Foods Council): One slice of crust only provides approximately: 146 calories, 5 g protein, 27 g carbohydrates, 4 g fiber, 2 g fat (0 g saturated), 0 mg cholesterol, 37 mcg folate, 2 mg iron and 219 mg sodium.

Raisin Nut Quick Bread

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| <ul style="list-style-type: none"> • 2 cups Dakota Family Mill whole white wheat flour • $\frac{1}{2}$ cup brown sugar • 1 tsp. baking powder • 1 tsp. soda • $\frac{3}{4}$ tsp. salt | <ul style="list-style-type: none"> • $\frac{1}{2}$ tsp. cinnamon • 1 egg, beaten • 1 $\frac{1}{2}$ cups buttermilk • $\frac{1}{2}$ cup raisins • $\frac{1}{2}$ cup chopped walnuts |
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Combine first 5 ingredients, add egg and buttermilk, mix well. Stir in raisins and walnuts. Spoon into a greased and floured loaf pan. Bake @ 350° for about 55 minutes. Great with your morning coffee!

From the Kitchen of [The Pantry Peddler](#)

Strawberry Rhubarb Bagel Spread

- 1 (8 oz.) cream cheese, softened
- $\frac{2}{3}$ cup Strawberry Rhubarb jelly

Mix softened cream cheese with Strawberry Rhubarb jelly in a mixer. Serve on top of bagels, toast or French toast.