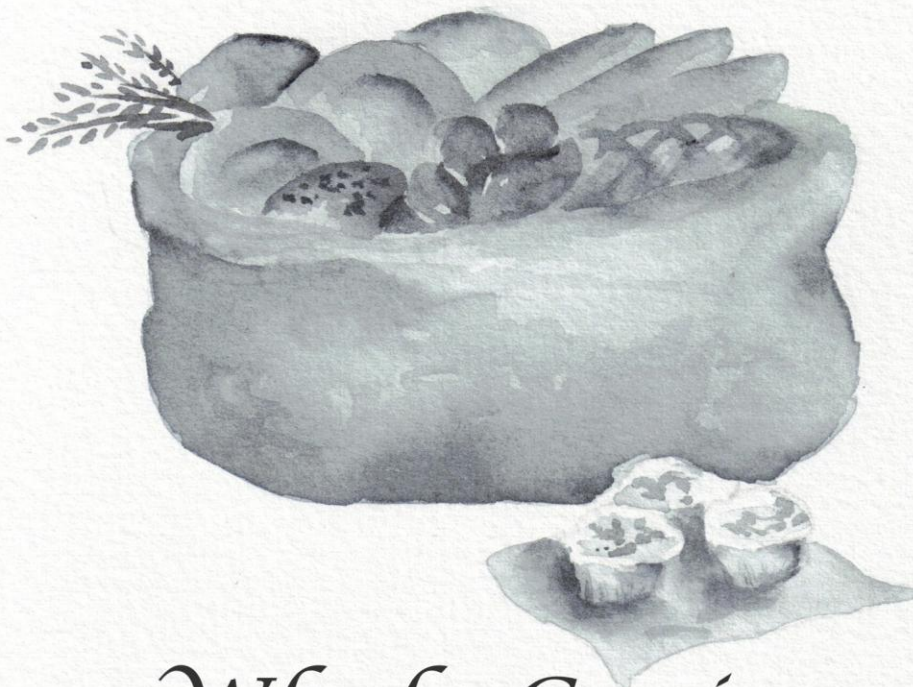


Designed Healthy Living



Breads



Whole Grain Goodness

*Designed Healthy Living
Annette Reeder*



History of White Flour

Warm rolls, hot biscuits, hearty pancakes; great tasting bread has been in our diets since the beginning. Then along came the "low carb" diets giving bread a bad name. What is the real truth? Let's look at how the wheat grain contributes to good health while white flour deteriorates our health.

The wheat kernel was created, as well as other grains, to be stored perfectly packed with abundant nutrients. Once the kernel is broken by milling, the nutrients begin to oxidize. Within about 72 hours over 90% of all nutrients are virtually gone. The absence of these nutrients and the bulk of the fiber is the cause of suffering from health problems such as the ones listed on the Fiber Analysis.

When the wheat kernels are milled into white flour, the bran and the germ are removed. Only the endosperm remains in white flour. The removal of these nutrients is reflected below. This process of removal allows the bleached white flour to be stored indefinitely.

** Any bread that can be displayed on a grocery store shelf has had the vital nutrients removed or they would go rancid and cause the bread to smell and mold.

Whole Wheat Flour	Loss in White Flour
Thiamine (B-1)	77%
Riboflavin (B-2)	67%
Niacin (B-3)	81%
Pyridoxine (B-6)	72%
Choline	30%
Folic acid	67%
Pantothenic acid	50%
Vitamin E	86%
Chromium	40%
Manganese	86%
Selenium	16%
Zinc	98%
Iron	75%
Cobalt	89%
Calcium	60%
Sodium	78%
Potassium	77%
Magnesium	85%
Phosphorus	91%
Molybdenum	48%
Copper	68%
Fiber	89%

Vitamins:
B-1, B-2, B-3, iron
and folic acid
are added to
white flour in
synthetic form
by a process called
enrichment.

Many of the foods we now eat for convenience are literally making us sick because they are devoid of fiber and nutrients that are essential to health. Yet, life-giving whole foods are available. With the purchase of a grain mill and baking your own bread your family will discover many positive results including eliminating the craving for sweets and no more constipation (a very common problem, over 90% of Americans suffer from this inconvenience).

Once you decide to make your own bread and bread products, your food budget will be less. The initial investment of a grain mill and perhaps a Bosch mixer will soon be forgotten when you taste the homemade goodness of fresh bread. The cost of home made bread will be approximately \$1.00 per loaf. The savings, combined with the taste plus the health benefits make it a wise decision for you and your family.



A Fiber Analysis



INSOLUABLE FIBERS	SOLUABLE FIBERS
<p data-bbox="467 508 691 541" style="text-align: center;">Food Sources</p> <p data-bbox="363 579 678 718">Bran of whole grains: wheat bran corn bran rice bran</p> <p data-bbox="363 722 496 756">Legumes</p> <p data-bbox="363 793 760 932">Assists digestive regularity contributing to the prevention and regulation of:</p> <ul data-bbox="412 936 708 1323" style="list-style-type: none">AppendicitisColon cancerConstipationCrohn's diseaseDiverticular diseaseHemorrhoidsHiatal herniaObesitySpastic colonUlcerative colitisVaricose veins <p data-bbox="363 1360 789 1570">Cellulose is a form of fiber from the foods listed above that forms mucus in the intestine, destroying the parasite that causes irritable bowel syndrome.</p>	<p data-bbox="928 508 1153 541" style="text-align: center;">Food Sources</p> <p data-bbox="821 579 1159 793">Oats (bran) Dried fruits Apples, pears (flesh) Membranes of oranges Most vegetables Seeds, Barley, Spelt</p> <p data-bbox="821 831 1253 970">Helps regulate appropriate blood sugar and cholesterol levels contributing to prevention and regulation of:</p> <ul data-bbox="841 1003 1185 1184" style="list-style-type: none">Coronary heart diseaseDiabetesGallstonesHigh blood pressureHypoglycemia <p data-bbox="821 1323 1260 1570">Recent studies show that rice and barley bran lower cholesterol, perhaps not because of the fiber, but because of antioxidant properties in the oil of the grain.</p>



Getting Started Making Bread

What you need to get started with mixer mixing:

- Bosch Universal- my favorite – better than Kitchen Aid,
- Nutrimill (I like this better then the Wondermill or Whisper Mill)
- 4 of the 8 inch waffle weave or stainless steel loaf pans - Norpro is a common brand name – comes in various sizes
- Yeast – the vacuum packed professional yeast is most economical choice
- Real Salt – least processed brand of sea salt and loaded with trace minerals.
- Dough scraper- makes it fun and easy to work with dough
- Heavy duty bread bags (washable, reusable)
- Wheat: Hard Red, Hard White, Soft White – pastry, other options could be Spelt, Kamut, etc.
- Gamma Lid – tight sealing lid for years of protecting your wheat and your fingers.
- Optional Ingredients: Vital Wheat Gluten and Dough Enhancer

What you need to get started with a bread machine:

- Nutrimill
- Zojirushi (programmable horizontal loaf) bread machine
- Package of yeast
- Real Salt
- Heavy duty bread bags
- Wheat

What you need to get started with hand kneading:

- Nutrimill
- Package of yeast
- Real Salt
- Heavy duty bread bags
- One dough scraper
- Wheat

Cost of Bread SAVINGS WORKSHEET

Ingredient	Weight	Total ingredients costs	Unit Cost	Amount Used	Total Batch Cost
Wheat	25 pounds	\$19.75	.79 lb.	5 pounds	\$3.95
Honey	3 pounds	\$11	\$3.66 lb.	8 oz.	\$1.83
Oil	48 oz.	\$3.50	.08 oz.	5 oz.	.40
Salt	26 oz.	\$1.00	.04 oz.	1 oz.	.04
Yeast	16 oz.	\$4.00	.25 oz.	.7 oz.	.20
Dough enhancer	16 oz.	\$6.00	.38 oz.	.6 oz.	.24
Gluten	27 oz.	\$8.00	.30 oz.	.7 oz.	.21
Total		\$53.50			\$6.87 for 5 loaves

Average loaf of healthy store bought bread in your area \$ _____

Subtract \$ 1.37

(*this figure is total cost per loaf. Cost per loaf divided by the # of loaves)

Average Savings per loaf \$ _____

Divide the cost of your Bosch by the average savings per loaf to figure out how many loaves you would need to make to pay for your Bosch \$ _____

Specials – TODAY

BEST SPECIAL

1. Nutrimill-----\$259
INCLUDES – Coffee Grinder/ Seed Grinder (\$20 value), FREE SHIPPING
2. Bosch Universal Mixer -----\$429
INCLUDES – Cookie paddles, cookie sheets, parchment paper (100 pak), FREE SHIPPING
3. All Supplies to get started – go to www.designedhealthyliving.com Resources

The Nutrimill Grain Mill

- **Super fine OR coarser flour, your choice!** The Nutrimill uses a high speed impact chamber to create flour from grains and beans, a well-proven milling method. **But the Nutrimill has raised the bar for grain mills with new features and abilities users have asked for — a combination of features found in no other mill.** The first of these is the ability to grind super fine flour (much finer than any other impact mill) and also adjust to produce the coarser flour grind you need for perfect corn breads. Its impact grain milling heads provide a 400% range of adjustment from fine to coarse, *ten times greater than earlier impact mills!* This Nutrimill is the most popular grain mill on the market, and turns out terrific flour, quickly and easily.
- **Great Capacity:** The award for largest-capacity modern grain mill belongs to the Nutrimill, which allows you to grind up to 20 cups of flour at one time! The Nutrimill's grain hopper and flour bin are perfectly matched: Fill with grain once, and get 20 cups of flour (or you can do any smaller amount.)
- **Convenient, Powerful & Fast:** Just pour grain in the hopper, turn the Nutrimill on, and its powerful 12 amp, 1-3/4 hp motor does the rest, quickly producing your choice of fine, medium or coarse flour. Nutrimill's impact grinding mechanism is self-cleaning, and Nutrimill operates dust-free — so making flour won't mean extra housecleaning later! Easy-grip handles and light weight make the Nutrimill very easy to handle.
- **Multi Grain & Bean Milling:** The versatile Nutrimill grinds wheat (both hard and soft), oat groats (dehulled oats), rice, triticale, kamut, spelt, dry beans, lentils, dent ("field") corn, popcorn, dried sweet corn, split peas, buckwheat, barley, rye, millet, teff, quinoa, amaranth, sorghum, dried mung beans, chopped chestnuts and soybeans. (The Nutrimill isn't suitable for herbs, spices, oilseeds like flax, fibrous materials or sprouted foods. Grains and beans that have already been milled cannot be milled again in any impact mill, including the Nutrimill. Also note that when set for coarser "meal" texture, the Nutrimill's output remains too fine for making "cereal grinds.") The Nutrimill is an outstanding machine for making a full range of flour and meal textures.
- **Trouble-Free:** The new design of the Nutrimill's impact chamber allows you to put grain into the hopper before you turn it on with no risk of plugging the mill (something which happens with other



grain mills.) Even if you stop it while it's milling, the Nutrimill will restart again with no trouble. This is a *crucial* design feature for an impact mill.

- **Protects Nutrients:** Nutrimill keeps your flour at temperatures (typically about 118° in our testing) that protect the nutrients in your grains. Its new airflow design make the Nutrimill the world's coolest-running impact mill.
- **Quieter Design:** The Nutrimill's maker (LeQuip of SLC, Utah) calls the Nutrimill the world's quietest impact mill, based on measurement with a decibel meter. An impact mill basically sounds like a vacuum cleaner, and the Nutrimill is much quieter than the "first generation" impact models.
- **Easy to Store:** Nutrimill's trim design fits into your kitchen easily. Keep it on your countertop for instant access, or store it -- either way, with an 11.5" storage height and 11" x 13" footprint, the Nutrimill stores compactly.
- **Lifetime Manufacturer's Warranty:** This great warranty *includes* the Nutrimill's stainless steel milling heads! The Nutrimill is made in Korea by L'Equip of Salt Lake City, Utah.



Bosch Universal Mixer

- **The Total Kitchen Center:** This Bosch Mixer is a complete kitchen center. It's the world's premier mixer and bread maker and in a single, exceptionally-engineered machine. Available attachments extend its range of abilities to include powerful blending, food processing, food grinding and more.

Better Gluten Development: The Bosch Universal Mixer has achieved its

dedicated following among bread lovers not only because it lasts, but also because it *produces*. It makes better bread, faster and easier, because no one else has the patented three-arm stainless steel BreadMaster dough hook design plus the strength to run it in up to 15 lbs. of tough dough. The BreadMaster dough hook vigorously incorporates oxygen as its unique design stretches and folds dough against itself, processing 100% of your dough every four rotations around the bowl. By comparison, other mixers merely stir the dough, never achieving the Bosch's level of gluten development. Proper gluten development produces light bread with great texture. Merely stirring the dough produces "brick bread." Bread from the powerful Bosch Mixer needs to rise only once before baking, letting you make as many as eight loaves of fabulous fresh bread and have them out of the oven in just 75-80 minutes!

- **Mixing & Whipping:** Besides kneading dough, of course, you do want your mixer to mix & whip, too — and the Bosch Universal's mixing action is unequalled at both tasks. The bowl has a "tubular" bottom profile like a deep bundt cake form. Twin whips mount on top of the narrow center column, driven from below by a stainless steel drive shaft. The whips spin rapidly as they rotate, and the whip drive design allows the whips to "float" against the bottom of the bowl. The bowl's "bundt cake shape" bottom profile ensures that no lump can escape... every bit of your ingredients get mixed perfectly. The Bosch Mixer's whipping action is so energetic it will make a cup and a half of meringue from a single egg white.
- **Access, Ease & Stability:** The Bosch Universal's bottom-drive configuration gives you total access to the top of the bowl. A convenient two-part cover allows you to use just the splash ring, or add the lid for complete coverage. The bottom-drive design also provides tremendous no-tip stability through a low center of gravity, rather than by adding a ton of weight to the base — weight you have to deal with every time you move other mixers. One of our new Bosch customers

"saw the light" when her old top-drive mixer fell off the counter and damaged not only her linoleum, but the subflooring too! The mixing bowl of the Universal Plus mixer locks down to the mixer's base for rock-solid attachment and even greater stability, and powerful suction-cup feet keep your Bosch mixer right where you put it.

Optional Accessories From food processing to making pasta, the Bosch Universal gives you the tools to do the job right. The most popular accessories for the Universal Plus are the new MX3 Blender, and the Food Processor. The Universal is available in a "package" with the blender, but if you choose to start without the very popular blender option, you can always add the blender later because the base unit is the same either way.

- **Quiet:** Whether you're in the kitchen for an hour or all day, it's very nice to have quiet running machines, and the Bosch mixer runs at about *half* the sound level of competitive kitchen mixers, because the belt on the Bosch mixer naturally turns quietly compared to breakage-prone, whine-producing gears.

The Warranty is Proof: The Bosch mixer warranty backs up the claim that this is a better machine. The Bosch mixer motor and transmission are guaranteed for **3 full years!** To get equal warranty coverage from the competition, you'd have to buy three of their mixers.

- **Bosch has produced over 240 technical and design innovations** since the introduction of their first mixer in the 1950's. The fruit of this constant dedication to excellence shows in today's superior Bosch Universal Mixer. Save money, time and labor while you enjoy creating foods brimming with fresh flavor and nutrition for yourself and your family, with the Universal model of Bosch mixer!

Class Recipes

Denise's Soft and Satiny Dinner Rolls or Bread

"This recipe makes a velvety-smooth loaf of bread or soft and moist rolls. It has won many ribbons at our local 4-H fair and is my most requested recipe." Denise Fidler, Owner of The Country Baker. www.countrybaker.com. Used with permission.

First: Using the Nutrimill, grind 12 cups of hard white whole wheat or have on hand, 5 pounds of flour. (18-22 cups). In Bosch Mixer bowl place:

6 cups really warm water (115-130 degrees)
1/2 cup dry milk powder or buttermilk powder
1/3 cup dry lecithin
3/4 cup extra virgin olive oil or safflower oil
1 1/4 cups raw honey
5 Tablespoons instant yeast
10 cups of the flour

Mix slightly on lowest speed and cover and let set for 10-15 minutes or longer. This is called sponging. Be careful, though, it may come up over the sides!

Then add:

3 Tablespoons dough enhancer (or 2 vitamin C crushed)
1/2 cup gluten
3 Tablespoons salt

Add enough remaining flour to create a soft and slightly moist dough. The dough should clean away from the sides of the bowl. Knead 5-7 minutes in Bosch mixer on speed 1-2 or until gluten is fully developed. For a more 'pronounced flavor' you may cover and let rise until double and punch down before shaping.

Shape into rolls: Roll dough out into a rope and tie as for a knot, tucking the ends up in through the middle from the bottom.

Shape into bread: Take dough out of Bosch bowl and shape into a neat 'log'.

Divide dough into about 4 equal pieces that will fit snugly into the 8 inch greased Norpro 1 1/2# pans. Tuck each piece of dough into the pan squeezing and tucking down toward the bottom. The pans should each be filled about 2/3 of the way.

Cover and let rise until double in a warm draft-free place. This should take anywhere from 20-40 minutes. I preheat my oven and place the loaves on top while it is preheating. Some people prefer to set the loaves in a slightly preheated oven that has been turned off and then turned back on again after about 20 minutes.

If desired, beat 1 egg or egg white with a splash of water and brush onto loaves or rolls. Sprinkle with oat, rye, or whole grain flakes. Sesame or poppy seeds work well too. This makes a beautiful presentation and the flakes or seeds add a delicious 'toasted' flavor to the bread.

Bake at 350 degrees for 20-25 minutes for rolls and 30-35 minutes for bread. Recipe makes approximately 12-15 dozen rolls or four 8 inch loaves of bread that freeze well.

Whole Wheat Honey Bread (5 loaves)

Using the same recipe instructions as in Denise's Soft and Satiny Bread and Rolls. If you want a bread that is a little more moist and sweet, then this version may suite your taste.

Mill 13 cups of grain – 19-21 cups of flour

6 cups warm water
3/4 cup olive oil
1 1/3 cup honey
4 eggs
4 tablespoons Yeast
2 tablespoons dough enhancer - optional
4 tablespoons lecithin - optional

Mix the above ingredients and 10 cups of the milled flour in the Bosch mixer and let sponge for 15 minutes.

Then add:
1 1/2 tablespoons gluten - optional
2 tablespoons salt
10-11 cups of flour

Mix in flour until the dough begins to pull away from the sides of the machine. Then let the machine knead the dough for 5-7 minutes. Take dough out and shape into the loaf pans. Let rise for 30 minutes and bake for 27 minutes at 350'

For more information on mixing this bread refer to the instructions in "Denise's Soft and Satiny Bread" in the Bosch mixer. This recipe has the same ingredients as the regular Whole Wheat Honey Bread listed in this cookbook. Enjoy!

Whole Wheat Honey Bread One Loaf Recipe

1 1/2 cups hot water
1/3 cup olive oil
1/3 cup honey -- less is ok
5 cups whole wheat flour -- hard red or hard white
2 teaspoons salt
2 tablespoons lecithin -- optional
2 tablespoons ground flax seed -- optional
1 egg
1 tablespoon yeast

Place ingredients in your bread machine in the order given. Make sure paddles are in place first. Bake on desired setting. My family's favorite bread recipe can be used for buns and rolls. Makes 20 rolls.

Note: Set the bread machine on dough cycle. Then when the cycle is finished, take the dough out of the bread machine and shape it into a loaf of bread. If the dough is a little sticky knead a small amount of flour into it as you shape it. Place in a greased loaf pan. Let rise for approx. 40 minutes. Bake at 350' for 27 minutes. Makes 2, one pound loaves or 1, two pound loaf.

This recipe can be made with the Bosch mixer or by hand. Put the ingredients – only half the flour - in the mixer and mix for 2 minutes. Let sit for 15 minutes. Then add the remaining flour. After the remaining flour has been added keep the mixer kneading the dough for 7 minutes. The dough should pull away from the sides of the bowl. If it does not do this then add more flour. After the kneading shape dough into the form you are baking and let rise for 30 minutes. After dough has risen to double its size bake for 27 minutes.

Strawberry Butter

Put in blender and mix until smooth.
1 cup strawberries – thawed,
drained
1/4 cup honey
1 stick butter
Other Variations could be
blueberries or raspberries.

Honey Butter

Put in blender and mix until
smooth.
1 stick butter
1 cup honey

Cinnamon Bread

Cinnamon
Raisins
Coconut
Butter to be melted
Nuts
Powdered apples
Sucanat
Chocolate chips

Roll out dough into a rectangle. Brush the dough with melted butter. Then add

ingredients. Any variety will be fine. A whole wheat dough has a strong flavor so extra spices is better. After all ingredients are sprinkled over dough, rollup like a sleeping bag. The cinnamon roll can then be sliced and placed with sides touching for baking or baked as a jelly roll and sliced after it cools. Bake at 350' for 30 minutes.

Garlic Herb Bread

This can be a roll or kneaded in or placed on top
Garlic seasoning

Italian seasoning
Olive oil
Cheese – optional

Sausage Cheese Bread

Roll out dough into a rectangle. Brush a little olive oil or melted butter on the dough. Then add seasonings, cheese and sausage. Roll up like a sleeping bag. Bake at 350 for at least 30 minutes or until done.

Cooked turkey sausage
Shredded cheese – farmers
Olive oil or butter
Italian seasoning

Cheese Bread

These ingredients are kneaded into the dough. Do not over knead since the dough has already been fully kneaded. Knead only until mixed.

1 cup shredded cheddar cheese
Basil, oregano, garlic powder

Braided Apple Cinnamon

Chopped apples
Cinnamon

Sucanat – a little
Nuts

Directions for braid
Divide dough into thirds
Roll out each third and put cinnamon and chopped apples on it
Roll up like a sleeping bag

Then braid the three together.

Spinach-Cheese French Bread

- 1 small onion, chopped
 - 2 tablespoons butter
 - 1 package 10 oz. frozen chopped spinach, thawed and squeezed dry – or fresh spinach cooked and chopped
 - 1 cup mozzarella cheese, shredded – Farmers cheese will work well
 - 1 cup shredded cheddar cheese
 - 1 cup chopped fresh mushrooms
 - 1/8 teaspoon salt
 - 1/8 teaspoon pepper
 - 1/8 teaspoon hot pepper sauce – optional
 - 1 loaf French bread halved lengthwise
 - 1/2 cup parmesan cheese
1. In large skillet, sauté onion in butter until tender. Remove from heat. Stir in spinach, cheeses, mushrooms, salt, pepper and hot pepper sauce. Spoon onto bread halves.
 2. Place on an ungreased baking sheet. Sprinkle with Parmesan Cheese. Bake 350' for 10-15 minutes or until cheese is melted.

Spinach Cheese Stromboli

Follow step 1 above for sautéing onions and adding spinach, cheese, mushrooms and seasonings. Roll out dough into a rectangle and spoon the spinach cheese mixture to cover 2/3 of the dough. Then the dough can be rolled up like a sleeping bag or the edges can be rolled and made into an edge and baked like a pizza. Bake 350' for 15 minutes.

Ranch Pizza Pinwheels

- Pizza crust dough- you can use the recipe in the Healthy Treasures cookbook
- 1/4 cup prepared ranch salad dressing – make your own for better flavor and health
- 1/2 cup shredded Colby Monterey jack cheese – or cheese of your choice
- 1/2 cup diced meat – your choice – pizza type
- 1/4 cup chopped green onions

On a lightly floured surface, roll pizza dough into a 12 inch x 10 inch rectangle. Spread ranch dressing evenly to within 1/4 of edges. Sprinkle with cheese, meat and onions. Roll up jelly-roll style, starting with long side. Cut into 1 inch slices. Place cut side down on a greased baking sheet. Bake at 425' for 10-13 minutes or until lightly browned. Serve warm with pizza sauce or additional ranch dressing if desired. Refrigerate leftovers.

Italian Bread

Make bread following either of the recipes in this booklet. Place the dough on a round cheese cake or plain round cake pan. As it rises, add Italian seasoning, a bit of garlic powder plus thinly sliced onions on top. Red onions make it look very fancy, like Panera's Focaccia bread. Cheese could be added also. A Christmas bread could also have red and green peppers on top. Cook as directed for bread.

Recipes to try at home:

Cream Cheese Pumpkin Muffins

Here is a special holiday treat that is rich and delicious.

Filling

5 ounces cream cheese, softened, 1 egg	2 tablespoons sucanat with honey, or sugar
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Mix above ingredients and set aside.

Topping

1/3 cup dried coconut, unsweetened 1/4 cup chopped pecans	1 1/2 tablespoon
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Mix above ingredients and set aside.

In bowl mix together:

1 1/2 cups soft whole wheat pastry flour or hard white whole wheat flour 1 cup sucanat with honey or sugar 1 teaspoon baking powder	1 teaspoon cinnamon 1/4 teaspoon salt 1/8 teaspoon baking soda
--	--

Mix together in separate bowl:

1 egg 3/4 cup pumpkin puree (may use canned)	2 tablespoon oil 1/2 teaspoon vanilla
---	--

Fold these ingredients into the flour mix.

Fill muffin pans half full with batter and then add a dollop of filling on top)1 T.) and add remaining batter. Sprinkle topping over each and bake at 400° for about 18-20 minutes. Makes 9-10 muffins.

Almond Raspberry Cheese Bread

3 cups freshly milled hard white wheat flour 2 cups freshly milled soft white pastry flour 1/2 cup honey 1 tablespoons yeast 1/2 teaspoon salt	1/2 cup butter, cut into small pieces 1/3 cup milk 1/4 cup water 3 eggs 1.5 cups sliced and toasted almonds 1 cup raspberry jam
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Cream Cheese Filling

2 – 8 ounce packages cream cheese, softened 1/2 cup sucanat with honey	1/8 cup flour 1 eggs whites 1 teaspoon grated lemon peel
--	--

Beat until smooth.

In heavy-duty mixer bowl with dough hook, attachment or large bowl if kneading by hand combine 2 cups flour, honey, yeast, and salt. Heat butter, milk and water until

120° -130°. Butter does not need to melt all the way. Add to mixer bowl. Stir in eggs, 2 cups of the almonds and enough additional flour to make a smooth dough and knead 5-7 minutes in mixer bowl or 12-15 minutes by hand until dough is smooth and satiny. Divide dough into 2 equal pieces and roll out into rectangles. Spread cream cheese filling down the center third of each rectangle and spread raspberry jam on top of that. Along each side cut one inch strips from edge of filling to edge of dough. Starting at one end, alternately fold strips from each side across filling toward opposite end. Transfer to greased sheets and cover and let rise until double and bake at 375° for about 25 minutes. Drizzle with powdered sugar glaze and toasted sliced almonds.

Glaze

Combine in bowl:

1 cups powdered sugar (honey crystals can be placed in a blender to become a powder)	1/4 cup milk 1/2 teaspoon vanilla
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Beat until smooth.

Cranberry Wreaths

These are an attractive addition to your holiday goodies!

One Soft and Satiny Bread recipe.

Roll dough into two 21 inch by 12 inch rectangles. Spread cranberry filling over dough to within ½ inch of the edges. Fold length-wise in thirds to enclose the filling making a 12 x 7 inch rectangle. Press edges together to seal.

Cut dough into twelve 1 inch strips. Holding ends of strips, twisted three times. Pinch together ends of each twisted strip to form wreaths; place on greased baking sheets. Cover; let rise in warm place until almost doubled about 45 minutes. Bake at 400° for 12-15 minutes or until done. Cook and drizzle with glaze.

Cranberry Filling

In sauce pan combine

2 cups finely chopped cranberries	4 teaspoon freshly grated orange peel
1 cup sucanat with honey or sugar	

Bring to boil and then simmer over low heat until very thick being sure to stir frequently. Let Cool.

Glaze

2 cups powdered sucanat or sugar	1 teaspoon vanilla
½ cup milk	

Spicy Holiday Orange-Cranberry Bread

Knead into enough dough for 1 loaf until soft and pliable;
3-4 Tablespoon gluten- to lighten the loaf

Then Add:

1 Tablespoon orange oil	1 cup chopped pecans
Rind of 1-2 organic oranges chopped fine	½ teaspoon cinnamon
1 ½ cups dried cherries or cranberries	½ teaspoon nutmeg

Bake at 350° for 30-35 minutes.

Garlic Knots

Prepare your favorite bread dough. Use fresh herbs finely chopped for a flavorful delight.

8 cloves garlic – minced

1/8 cup fresh oregano

1/4 cup olive oil

1/2 tsp. salt

1/4 cup basil

1/2 cup - Fresh grated parmesan cheese

1.8 cup rosemary

When dough is ready (kneaded), place approx. 1 tablespoon sized pieces on baking sheet. Bake in 350' oven for about 10 minutes – before browned.

In a large bowl pour in olive oil, add raw chopped herbs, salt and cheese. Stir with whisk. Toss in the baked dough balls to fully coat. Serve warm.

Easter Egg Nest Bread

1 1/2 cups water

2/3 cup milk

1/2 cup butter

Heat these liquids to 120'-125' and set aside.

5 cups freshly milled hard white wheat flour

1 T. orange oil

2 t. salt

5 cups freshly milled soft pastry flour

18 eggs

2/3 cup honey

1 cup chopped toasted almonds

2 T. yeast

2 T. Water

2 T. freshly grated orange peel

Orange icing – recipe follows

In heavy-duty mixer bowl (Bosch) with dough hook attachment or large mixing bowl if kneading by hand, combine heated mixture, 3 cups flour, honey, yeast, orange peel, orange oil and salt. Stir in 2 eggs, almonds, and enough remaining flour to make a soft dough. Knead 5-7 minutes in mixer or 12-15 minutes by hand. Cover and rest 10 minutes. Divide dough into 4 pieces. Roll each into a 30 inch rope. Loosely twist two ropes together. Place ropes on large greased sheet. Shape into circles and pinch ends together to seal. Place 7 clean eggs evenly spaced on each circle of dough pressing between ropes in twist. Cover and let rise until double. Beat remaining eggs with 2 T. water; brush over dough being careful to get it on the eggs, if you do, they can be lightly scrubbed after baking. Bake 350' for 30-35 minutes or until done. Remove from sheet and cool on wire rack. Brush eggs with food coloring being careful not to get any on dough. Drizzle orange icing over all. Makes 2.

Orange Icing

2 cups powdered sugar or powdered sucanat with honey

1/4 cup orange juice

1/2 t. orange oil

Mix together well and drizzle over Easter egg nest bread.

Thank you for enjoying this day with us. I pray your home is always filled with the daily bread that only Jesus can give and your kitchen is always blessed with fresh milled homemade bread.

God's Blessing's to you and your family, Annette Reeder

About your Speaker, Annette Reeder:

Annette is the designer of Designed Healthy Living and author of Healthy Treasures Cookbook and Treasures of Healthy Living. She is a graduate of Liberty University in Biblical Studies and Huntington College of Health Sciences in Nutrition. She considers her greatest training being a wife and mother who had to transform her family's meals to a healthy alternative. Annette is available to teach classes and speak on a variety of subjects, some of which are listed below. Please visit her website for more information: www.DesignedHealthyLiving.com. Personal consultations are available by appointment if you would like assistance forming a biblical nutrition health plan for your specific health concerns. Call Annette at 804.798-6565.

Cooking Classes

► **Bread, the Staff of Life** ◀

Jesus compares himself to the bread of life. Today bread is taboo. Why the controversy? Come and learn the benefits of milling your own grain and the goodness of fresh bread. The health benefits will amaze you. This hands-on seminar is a tasty treat for you and your family.

► **Going Local** ◀

Join us as we introduce you to some of the best gifts given to you by God: fruits and vegetables. This class will surprise your taste buds with new treasures and provide an assortment of ideas to stretch your family's desire to enjoy more fruits and vegetables in their diet each and every day.

Annette is available to speak on a variety of topics, including:

“Are you Ready to Discover the Treasure of Health?”

Have you discovered the true treasure of health or are you still searching from the latest scientific release or health expert? Are you ready to unveil the oldest health book ever written and compare notes? Discover the truths that will lead you on a journey for a lifetime of blessings in your health and overall relationship with God.

“How Healthy Is Your Bank Account?”

Will your health bank account prevent you from going bankrupt? What is making withdrawals from your health? You may be surprised!

“Solutions on Stress”

Are you managing stress or is it managing you? Learn important tips to be balanced in your food, work, plan and exercise before it's too late.

Books by Annette Reeder

Treasure of Healthy Living Bible Study

Everyone loves a treasure hunt. The hunt can be almost as rewarding as the final treasure! Follow the clues on our map and discover the answers to a healthy life full of vitality. This study will unveil the counterfeits and substitutions currently robbing us of energy and zest for living. Then it will fill the void with overflowing riches of health. This Bible Study will give you and your group the tools needed to reclaim health in the balance God designed.

Treasures of Health Nutrition Manual

Are you tired of reading 50 books to find the answers to your health? This manual combines the nutrition from God-created foods with the value of vitamins to create a healthy and happy home and body. This is an encyclopedia of information at your fingertips. And a precious resource of information to treasure for years to come.

Healthy Treasures Cookbook

This bounty of recipes and cooking tips will encourage you to bring healthy treasures back to the dinner table. Surprise and delight will abound as you please your family with these tasty meals that will also contribute to their health and well-being. Whether you are a beginner or novice in the kitchen, this book covers it all.