

## Wholy Hints

1 - **HARVEST MILL** - Create your own steel cut oats, barley, spelt... cereal. Turn the knob counter clock wise for larger texture. These grains thicken soup, too. Be sure to soak & dehydrate them first for exploded nutrients! Mill corn makes fabulous cornbread, polenta, cornmeal mush. Again S & D it for best results. Mill extra corn flour, add dry ingredients, & store it, ready for another batch of cornbread.

2 - **BOSCH WIRE WHIPS & DOUGH HOOK** Whipping up cookies? Cream your butter & sugar with the wire whips (room temperature butter, not frozen), add eggs. Change to the dough hook for the dry ingredients. Works great!

3 - **BOSCH FOOD PROCESSOR** makes bread crumbs from stale bread. Try lining the bottom of your man size muffin pan with these crumbs as a base of quiche. I am too lazy to make pie dough, but bread crumbs is quick & easy! When making Killer Bread, chop seeds & nuts in the processor, too.

4 - **BOSCH BLENDER** I made a dozen spinach/onion quiche in minutes. Throw 1/2 onion & 2 handfuls of spinach into the blender with the milk & eggs. Saves much time & effort chopping the veggies.



### 4 - **FILTER PRO DEHYDRATOR**

My Pro runs almost daily with beans, nuts, seeds, lots of grain drying effortlessly. Fruits or veggies spoiling in the frig? Throw them in the dehydrator. A whole package of spinach becomes 2 cups of spinach powder for smoothies, soups etc. I love the fragrance of dried peppers, onions, & pineapple. Onions spoil quickly. Use your Big Mouth Chopper to cut them up & layer them onto the trays. Crispy in no time!

5 - **SIZZLE POTS** If you are like me, I over fill my pots & liquids. What a mess! To clean, unscrew the knobs on the underside and wash in warm soapy water. Be sure to reassemble properly. The steel ball resides under the solid black circle. When you turn your lid upside down, the little cylinder should naturally fall with gravity. Then your

