



## **FOODS at the READY: Meals & Mixes, Grab & Go plus More**

Most recipes created by Debbie Deitz of Wholy Homemade  
& a few additions from Margaret Loew

Thank you for joining us today. Use these ideas as spring boards to create your family's favorite 'on the go foods'! Eating healthy sustains boundless energy. In Alaska, we need it for these long summer days! You'll find Energy Bar Recipes, Cookies, Fruit Leather, Meal Mixes, Granola Ideas and my Camp Pancake Mix. Let's get rolling!

### **Power Rolled Oats/Grains Balls**

By: Debbie Deitz of Wholy Homemade

Debbie created multiple 'ball' recipes. Here are the directions first, then choose the variation you want to make.

**DIRECTIONS:** In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.

This should make about 14 oatmeal energy balls.

Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

#### **Everything Power Bites**

1 cup dry oats (I like 1/2 old fashioned oatmeal and 1/2 quick cooking)  
1/4 cup peanut butter  
1/4 cup honey  
2 T ground flax seeds  
1/4 cup chopped nuts\*  
1/4 cup coated chocolate candies (M&M's) chop them  
1/4 cup "chopped" chocolate chips or mini chips  
dash of salt  
1/2 teaspoon vanilla

\*Use the food processor to chop the nuts, candies & chips.

#### **Blueberry Power Bites**

1 cup rolled 7 grains  
1/4 cup toasted almond butter  
1/4 cup honey  
1/2 cup dried blueberries  
dash of salt  
1/4 teaspoon cinnamon  
1/2 teaspoon maple powder  
1/2 teaspoon vanilla powder

**Salty & Sweet Power Bites**

1 cup rolled 7 grains  
 1/4 cup pecan butter  
 2 T honey  
 1 T molasses  
 1/4 cup crushed pretzels  
 1/4 cup chopped toasted pecans  
 dash of salt  
 1/2 teaspoon vanilla powder  
 1/2 teaspoon maple powder

**Cooky Power Bites**

1 cup rolled oats  
 1/4 cup almond butter  
 1/4 cup honey  
 1/4 cup raisins  
 1/4 cup chopped pecans  
 1/4 cup toasted coconut  
 1/2 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 dash of salt  
 1/2 teaspoon vanilla powder

**Mexican Double Chocolate Power Bites**

1 cup rolled 7 grains  
 1/4 cup toasted pecan butter  
 1/4 cup honey  
 2 tablespoons cocoa powder  
 1/2 cup chopped chocolate chips  
 1/4 teaspoon cinnamon  
 Dash of cayenne pepper  
 dash of salt  
 1/2 teaspoon vanilla powder

**Banana Chocolate Chip Power Bites**

1 ripe medium banana, smashed  
 1 cup rolled oats  
 1T honey  
 1/2 cup chopped chocolate chips  
 Dash of salt  
 1/2 teaspoon vanilla powder  
 1/2 teaspoon maple powder

**Apple Pie Power Bites**

1 cup rolled 7 grains  
 1/4 cup apple sauce  
 2 T honey  
 2 T molasses  
 1/2 cup chopped dried apples  
 1/2 cup chopped toasted walnuts  
 Dash of salt  
 1/2 teaspoon vanilla powder  
 1/2 teaspoon maple powder  
 1/2 teaspoon cinnamon

**No Bake Pumpkin Bars**

By: Debbie Deitz of Wholy Homemade

1/2 cup rolled oats  
 1 cup almonds  
 1 cup cashews  
 1 1/2 cup dates  
 2 teaspoons pumpkin spice  
 1/2 teaspoon salt  
 7 tablespoons purée pumpkin  
 1/2 teaspoon vanilla powder  
 1 teaspoon maple powder

Directions:

Line a 9 inch square pan with parchment or wax paper.  
 Set aside.

Combine almonds and cashews in the food processor  
 and turn on until they are roughly chopped.

Add in dates and process until combined. The mixture  
 won't be smooth.

Add in pumpkin spice, salt, and pumpkin, vanilla and ma-  
 ple and process until mixture comes together. Stop and  
 scrap down sides as needed, mixture will still have tex-  
 ture.

Press mixture into pan as evenly as possible.

Refrigerate for a couple hours, then cut into 9 bars (3x3).

Store covered in the fridge for best texture.

**Popped Quinoa Chocolatey Bars**

By: Debbie Deitz of Wholy Homemade

2 1/2 cups puffed/popped quinoa  
 1/3 cup chia seeds  
 1 T hemp seeds  
 1 T ground flax seed  
 1 cup peanut butter  
 1/2 tsp sea salt  
 1/2 cup maple syrup  
 1 tsp vanilla powder  
 3/4 cup chocolate chips, melted

**Directions:** Mix the quinoa, chia, hemp and sea salt in a large bowl. Melt the peanut butter on a water bath and stir in the maple syrup. Now add this to the dry ingredients and mix everything together.

Line a baking dish with parchment paper and scoop the batter into it. Use your wet hands to press everything together tightly into an even rectangle, roughly 3/4 inch high.

Place in the fridge (or freezer) while melting the dark chocolate on a water bath.

Pour the melted chocolate over the cold batter using a spatula to distribute it evenly. Put it back into the fridge until cold and firm.

Cut the batter into squares using a sharp knife.

PS – totally different flavor if you make this with pecan butter instead of peanut butter.

**Cherry Chia Popables**

By: Debbie Deitz of Wholy Homemade

3/4 cup rolled 7 grains  
 3/4 cup unsweetened coconut flakes  
 1/2 cup dried cherries  
 1/2 cup chopped pecans  
 1/3 cup chopped chocolate chips  
 1/3 cup pecan butter  
 1/4 cup real maple syrup  
 1/8 cup chia seeds  
 2 T ground flax seeds  
 Dash of salt  
 1/2 teaspoon vanilla powder

**Directions:** In a large bowl, combine all the ingredients until thoroughly incorporated. Chill the mixture in the refrigerator for 30 minutes.

Using clean hands, shape approximately two tablespoons of the mixture into a ball and place on a baking sheet lined with parchment, using all mixture.

Transfer to an airtight container and store in the refrigerator for up to 1 week or freeze for 1 month.

**Roasted Ranch Style Nut Mix**

By: Debbie Deitz of Wholy Homemade

5 cups mixed nuts  
 1/4 cup coconut oil  
 1 teaspoon garlic powder  
 1 teaspoon onion powder  
 1 teaspoon paprika  
 1 teaspoon parsley  
 1 teaspoon chives  
 1 teaspoon dill  
 1 teaspoon salt

Directions:

Preheat oven to 325 degrees.

Add all ingredients to a mixing bowl and stir well to combine.

Spread nuts in an even layer on a large rimmed baking sheet.

Bake for 20 minutes, stirring every 5 minutes.

Important note - Cool completely before storing in an air-tight container.

**Honeyed Almonds**

By: Debbie Deitz of Wholy Homemade

2 cups whole almonds  
 1/4 cup sugar  
 1/2 teaspoon salt  
 1 teaspoon vanilla powder  
 1/2 teaspoon almond powder  
 2 tablespoons honey  
 2 tablespoons water  
 2 teaspoons almond or vegetable oil

**Directions**

Preheat oven to 350\*. Roast almonds on ungreased shallow baking sheet for 12 minutes or until nuts are hot and golden.

Thoroughly mix the sugar, salt and vanilla & almond powder and set aside.

Stir together the honey, water and oil in a medium size pan and bring to a boil over medium heat. Stir in the roasted almonds and continue to cook and stir until all the liquid has been absorbed by the nuts (about 5 minutes).

Immediately transfer to a medium bowl and sprinkle sugar mixture over all and toss well. Spread on parchment paper and cool thoroughly before storing in airtight containers

**Fall Time Quinoa Granola Bars**

By: Debbie Deitz of Wholy Homemade

1/2 cup coconut oil  
 1/3 cup maple syrup  
 1/3 cup sugar  
 1 teaspoon vanilla powder  
 1 teaspoon maple powder  
 1/4 cup apple sauce  
 1/2 cup chopped dried apples  
 1 1/2 teaspoons ground cinnamon  
 1/4 teaspoon ground nutmeg  
 1/2 teaspoon sea salt  
 1 3/4 cup rolled 7 grains  
 1/2 cup chopped nuts (I like pecans)  
 1/2 cup unsweetened shredded coconut  
 1/4 cup toasted quinoa OR puffed quinoa, leave out if preferred  
 2 tablespoons hemp seeds  
 2 T ground flax seed

**Instructions**

Preheat oven to 350 F. Line an 8 x 8 baking dish with parchment paper. Set aside.

In a large pot, heat coconut oil, maple syrup and coconut sugar over medium-heat until the mixture comes to a boil, stirring constantly. Lower the heat and simmer until the mixture is slightly thickened, about 2 minutes. Remove pot from heat. Stir in vanilla and maple, apple sauce, dried apples, salt, cinnamon and nutmeg until combined.

Using a rubber spatula, add the rolled grains, chopped nuts, toasted quinoa, coconut and hemp seeds and flax. Pour the granola mixture into the prepared pan. Using wet hands, press down firmly to flatten and compact tightly.

Bake in preheated oven for 15-18 minutes, until edges are very slightly brown OR for no bake granola bars - freeze pan for 1 hour, or until bars are set.

Remove from oven and allow to cool completely.

Once cooled, remove bars using the parchment overhang to transfer the uncut bars to a cutting board. Using a sharp knife, cut into even rectangles.

Store in airtight container.

**Blonde No Bake Bars**

By: Debbie Deitz of Wholy Homemade

1 cup rounded light flour (coconut, rice, pastry, or quinoa)  
 1 cup mashed banana  
 1/2 cup almond butter  
 1/2 cup maple syrup  
 1 teaspoon vanilla powder  
 1/2 teaspoon maple powder  
 Dash of salt  
 2 tablespoons chopped chocolate chips

Line an 8x8 loaf pan with parchment paper.

In a large bowl, mash the banana, add almond butter, maple syrup, vanilla, maple powder and salt. Once the mixture is cohesive and creamy, add in the flour and combine well. The final step is to add in chocolate chips and combine.

Spread mixture into a lined pan with your dampened hands, pressing down and spreading evenly, to about 1/2 thick. Refrigerate for 1-2 hours until firm.

Picking up the parchment paper, remove from pan and cut into individual squares.

You can wrap them individually or in an airtight container and refrigerate them for a week. They can also be wrapped individually and frozen for up to a month.

**Chewy Coconut Bars**

By: Debbie Deitz of Wholy Homemade

2 cups pitted dates  
 3/4 cup shredded coconut unsweetened  
 2/3 cup unsalted cashews  
 Dash of salt  
 1 teaspoon vanilla powder

Add all of the ingredients into a high powered blender or food processor.

Process on low for 3-4 minutes.

Line a 9x9 pan with parchment paper and press the mixture in, let set for an hour or two.

Cut into 6.

Store in airtight container for a week or in the freezer, individually wrapped for a month.

Variations include substituting 1/2 cup of the dates with dried cherries or 1 cup of the dates with dried apples. If using cherries, try using pecans and if using apples try using walnuts.

## FRUIT LEATHER BASICS

By: Debbie Deitz of Wholy Homemade

### STRAWBERRY APPLE

2 cups apple sauce, drained in cheesecloth  
3 cups strawberries diced  
1/4 cup honey  
1/2 tsp unflavored gelatin

### BLUEBERRY BANANA

2 cups blueberries  
2 small ripe bananas peeled  
1/3 cup date pieces  
2 T maple syrup  
1/2 tsp unflavored gelatin

### MIXED BERRY & PEACH<sup>[SEP]</sup>

2 cups mixed berries  
3 peaches pitted, diced  
1/4 cup honey  
1/2 tsp unflavored gelatin

### INSTRUCTIONS

Wash, peel and remove any stems or pits, if needed. The skin of the fruit is so amazingly goo for you, so leave it on whenever possible. (exception: bananas, pineapples, oranges, etc).

Put all ingredients into food processor or blender and process until smooth.

Pour the blended mixture into a pot and heat on medium for 10-15 minutes, stirring occasionally. This will "soften" the fruits but also speed up the drying time. Line trays with parchment paper or use fruit leather trays. Spread onto dehydrated trays or in fruit leather trays. (NOTE: Since the sides of fruit leather tend to dry quicker, make the puree thicker around the edges - approx 1/4" inch and 1/8" at the center.)

Dry at 145F/63C for 6-8 hours. One hour into drying, pull up dehydrator lid and remove moisture. Replace lid and continue dehydrating. If you want to speed drying time, you can, at about the halfway time, pull fruit leather off of or out of paper/silicone trays and place leather directly onto dehydrator trays.

When the leathers are dried, they will be a little bit shiny and non-sticky to the touch. Allow them to cool before removing them from the trays...this is important.

Roll the leather into a tight roll and with a sharp knife, cut into a lengths of your choice. Wrap pieces with saran wrap, put in air-tight containers (like ziplock bags) or vacuum seal. Store in a cool, dark & dry place

## Extra Thick Camp Spaghetti Sauce

By Debbie Deitz of Wholy HomeMade

### Prior to leaving for camp:

1. Cook and crumble 2 lbs of chicken sausage
2. Package and freeze chicken sausage.
3. Package together: 1/3 c. dehydrated onions 1/3 c. dehydrated mixed peppers 2 t. dried minced garlic 2 T. Italian Seasonings 2 T. Beef broth
4. Measure 1 c. Tomato Powder into a smaller package.

### Bring to camp: Pasta

### At Camp:

1. In larger pot add 3 1/2 c water and bring to boil.
2. Add larger package (meat package) and smaller veggie package contents to water and cook approximately 15 minutes on medium heat...until veggies are rehydrated.
3. Turn heat down and while stirring constantly add the smaller package of Tomato Powder.
4. Cook over very low heat for 3 minutes (stirring so as not to stick) to meld flavors.

Serve over pasta of your choice, rice or toasted thick bread.

Should serve 6-8 "active outdoor" portions.

## Camp Stroganoff

By Debbie Deitz of Wholy HomeMade

### Prior to leaving for camp:

1. Cook and crumble 1 lb of 93% ground beef
2. Package and freeze.
3. Package together: dehydrated onions 2 t. dried minced garlic 1 T. Beef broth 1 t. Celtic Sea Salt 1 t. Ground Pepper (1/2 c. dehydrated mushrooms if desired) Measure into a smaller package: 1/2 c. Swiss Whey Powder 1/2 c. Powdered Sour Cream

**Bring along:** Frozen Ground Beef, 1 can Condensed Cream of Chicken Soup 1 can Condensed Cream of Mushroom Soup

### At Camp:

1. In larger pot add 1 c. water and bring to boil.
2. Add larger package (frozen meat package) and dry spice package contents to water and warm approximately 15 minutes on medium heat...until veggies are rehydrated.
3. Turn heat down and while stirring constantly add both cans of Condensed Soups.
4. Cook over very low heat for 3 minutes (stirring so as not to stick) to meld flavors.

Serve over pasta of your choice, rice or toasted thick bread. Should serve 6-8 "active outdoor" portions.

## Fast & Convenient Foods ... On the Go Recipes

### Breakfast Burritos

By: Debbie Deitz

Makes: approximately 24

3 lbs russet potatoes, diced into ½" pieces, cooked

1 lg sweet onion, diced small, cooked

1 lb spicy sausage, crumbled & cooked

8 eggs, scrambled

2 t. sea salt, fine

2 t. pepper, ground

3 c. shredded cheddar cheese

16 oz sour cream

16 oz salsa (your favorite)

Use foil & gallon sized freezer bags for storage

- Scramble the eggs in a larger skillet over medium heat until done.
- In large bowl, combine potatoes, onion, sausage, scrambled eggs, sea salt, pepper, and cheese. Mix thoroughly.
- Lay 5 tortillas on the counter and spread a teaspoon (or more) sour cream and a teaspoon of salsa over center of each tortilla (in a line, not a circle).
- Spoon ½ C of potato mixture onto each tortilla.
- Wrap each tortilla burrito-style, tucking both ends into center and then rolling. Wrap each tortilla individually in a piece of foil. Put burritos into large freezer bags.
- Repeat for remaining tortillas.
- Seal bags, label, and freeze.

#### To cook:

- Thaw burrito in refrigerator overnight or reheat them straighter from the freezer.
- Microwave: remove foil, place on microwave safe plate, cover, and reheat 30 seconds at a time until burrito is warm enough to eat.
- Oven: bake in foil at 375\* for 30 minutes if frozen, 300\* for 30 minutes if thawed.

### Meat, Bean & Cheese Burritos

By: Debbie Deitz

Makes: approx. 24

2 lbs meat, crumbled (shredded), cooked

1 lb beans (pinto), cooked

1 lg onion, sauted

2 t. sea salt, fine

2 t. pepper, ground

4 c. shredded cheddar cheese

16 oz sour cream

16 oz salsa (your favorite)

- In large bowl, combine meat, beans, onion, sea salt, pepper, cheese, sour cream and salsa. Mix thoroughly.
- Lay 5 tortillas on the counter and spoon about ½ c. of potato mixture onto each tortilla.
- Wrap each tortilla burrito-style, tucking both ends into center and then rolling. Wrap each tortilla individually in a piece of foil. Put burritos into large freezer bags.
- Repeat for remaining tortillas.
- Seal bags, label, and freeze.

#### To cook:

- Thaw burrito in refrigerator overnight or reheat them straighter from the freezer.
- Microwave: remove foil, place on microwave safe plate, cover, and reheat 30 seconds at a time until burrito is warm enough to eat.
- OR Oven: bake in foil at 375\* for 30 minutes if frozen, 300\* for 30 minutes if thawed.

## Baked Oat Breakfast Cups

By: Debbie Deitz

Makes: 12 large man-sized

- 2 c. coarse cut oat groats (family grain mill)
- 1 ½ c. golden raisins, diced dried apples, or diced dried apricots
- ½ c. – ¾ c. walnuts, chopped
- ½ c. – ¾ c. pumpkin seeds
- ½ c. – ¾ c. flax or chia seeds, ground
- 1 t. cinnamon, ground
- 1 t. nutmeg, ground
- 2 t. vanilla (powder)
- 1 t. maple (powder)
- ½ t. sea salt, fine
- 4 lg eggs
- 3 c. milk
- ½ c. peanut butter (optional)
- 2 lg apples, peeled, diced
- 1 t. cinnamon
- 1 t. vanilla
- 2 t. cane sugar (optional)
- ◆ In large bowl, cover oat groats with water and soak overnight (6-8 hours) in the refrigerator.
- ◆ Preheat oven to 375\*. Drain oats in colander and place back in large bowl. To bowl, add, dried fruit, nuts, pumpkin seeds, flax/chia meal, 1 t. cinnamon, nutmeg and salt.
- ◆ In second large bowl, lightly beat the eggs, beat in the milk (and peanut butter). Add the wet ingredients to the “dry” ingredients and stir to combine.
- ◆ In small bowl, toss to combine the diced apples, 1 t. cinnamon, and 1 t. vanilla powder (cane sugar).
- ◆ Divide oat mixture among 12 large muffin cups. Top each with an even amount of apple topping. Bake until an inserted toothpick comes out clean, about 25-30 minutes.
- ◆ Serve with a drizzle of maple syrup.
- ◆ To Freeze: wrap each oat cup individually in foil. Place wrapped cups in freezer bags.
- ◆ To Heat: heat frozen oat cups wrapped in foil at 375\* for 20-30 minutes.

## Man Sized Pizza Cups

By: Debbie Deitz

Makes: approx. 12 cups

- 1 lb chicken, boneless, skinless – cooked & diced
- 1 lb spicy sausage, cooked & crumbled
- 2 c. marinara or favorite red sauce
- 4 cloves garlic, minced
- 1 pepper, diced
- 1 lg sweet onion, diced
- 1 T. olive oil
- mushrooms & olives – optional
- ¾ c. basil, fresh, gently chopped into small pieces
- 2 c. mozzarella, shredded
- 1 lb bread dough (use your favorite)

Preheat oven to 400\*.

- ◆ In medium skillet, sauté garlic, pepper, and onion until tender.
- ◆ In large bowl, stir together chicken, sausage, basil, (olives & mushrooms if using), marinara sauce, ½ the mozzarella, and sauted veggie mixture. Set aside.
- ◆ Divide dough into 12 balls and shape into 9” rounds with fingers on pastry mat. Place over greased muffin tin and shape into tin. Repeat for all 12 pieces.
- ◆ Divide meat mixture into muffin cups, top with remaining mozzarella. Bake until crust is golden brown and crisp, about 15-20 minutes.
- ◆ Let cool several minutes before removing from muffin tins. Serve.
- ◆ To Freeze: wrap each pizza cup individually in foil. Place wrapped cups in freezer bags.
- ◆ To Heat: heat frozen pizza cups wrapped in foil at 375\* for 20-30 minutes.

## Tuna Noodle Casserole Cups

By: Debbie Deitz

Makes: 12 cups

8 oz whole wheat pasta (elbow, penne, ziti)

2 T. butter

1 c. mushrooms, diced small

1 lg sweet onion, diced

1 T. garlic, minced

2 peppers, diced (red is preferred)

4 lg eggs

4 (4 oz) cans tuna, drained

3 c. shredded cheddar cheese

1 c. milk

1 t. salt

1 t. pepper, ground

parmesan cheese, grated

- ◆ Cook pasta according to directions until al dente. Drain and set aside.
- ◆ Preheat oven to 375.
- ◆ Melt butter in medium skillet over medium heat. Add mushrooms, onion, garlic, and peppers; cook for 5 minutes or until tender. Add salt & pepper.
- ◆ In large bowl, lightly beat eggs. Stir in the cooked veggie mixture, cooked pasta, tuna, 2 ½ c of the cheese and the milk.
- ◆ Divide mixture into 12 greased large (man sized) muffin cups, making sure to tightly pack the contents into the cups. Top with remaining ½ c cheese.
- ◆ Bake until set and golden brown on top, 25 minutes. Let cool for several minutes before removing from muffin cups.
- ◆ Serve with a sprinkle of parmesan cheese on top.
- ◆ To Freeze: wrap each tuna casserole cup individually in foil. Place wrapped cups in freezer bags, label.
- ◆ To Heat: heat frozen tuna casserole cups wrapped in foil at 375\* for 20-30 minutes.

## Broccoli & Cheese Frittata

By: Debbie Deitz

Makes: 10 man sized frittatas

2 t. olive oil

6 c. broccoli florets

1 lg sweet onion, diced

4 cloves garlic, minced

12 eggs

2 c. shredded cheese (your choice)

2 t. thyme, dried

1 t. dry mustard

½ red pepper flakes, crushed

½ t. – 1 t. sea salt

½ t. pepper, ground

- ◆ Preheat oven to 375\*.
- ◆ Heat oil in large skillet over medium heat. Add broccoli, onion, and garlic; sauté until tender, about 5 minutes.
- ◆ In large bowl, beat together eggs, cheese, thyme, mustard, red pepper flakes, salt, and pepper. Stir broccoli mixture into bowl.
- ◆ Divide into 10 greased muffin cups.
- ◆ Bake until eggs have set all the way through, testing with toothpick, after about 20 minutes.
- ◆ Let cool for several minutes in muffin cups before removing.
- ◆ To Freeze: wrap each frittata individually in foil. Place wrapped cups in freezer bags.
- ◆ To Heat: heat frozen frittatas wrapped in foil at 375\* for 20-30 minutes.

## A Better For You Cookie

By: Debbie Deitz of Wholy HomeMade

3 large, ripe bananas, well mashed (about 1 1/2 cups)  
 1/2 c. applesauce (I use chunky homemade)  
 1/2 c. pumpkin puree  
 2 t. vanilla extract<sup>[SEP]</sup>(I use vanilla powder)  
 1/4 c. coconut oil, barely warm – so it isn't solid  
 2 1/4 c. fresh rolled oats (not quick)  
 1 c. ground toasted almonds  
 1/2 c. coconut, finely shredded & unsweetened  
 1/2 t. cinnamon  
 1/4 t. nutmeg  
 1/2 t. sea salt, fine  
 1 t. baking powder  
 1/2 c. pumpkin seeds  
 1 T. chia seeds  
 6 oz chocolate chips

- Preheat oven to 350 degrees, racks in the top third.
- In a large bowl combine the bananas, applesauce, pumpkin, vanilla extract, and coconut oil. Set aside.
- In another bowl whisk together the oats, ground almonds, shredded coconut, cinnamon, nutmeg, salt, and baking powder. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the pumpkin seeds and chocolate chips. The dough may be a bit looser than a standard cookie dough, don't worry about it.
- Drop dollops of the dough, each about 2 teaspoons in size, an inch apart, onto a parchment (or Silpat) lined baking sheet. Bake for 12 – 14 minutes.
- Makes about 3 1/2 dozen bite-sized cookies.

## Honey Bites

By: Debbie Deitz of Wholy HomeMade

1 1/2 c. whole grain flour  
 3/4 c. butter  
 1/4 t. sea salt, fine  
 1/4 c. honey

- Preheat oven to 300\*.
- Combine flour, butter, and salt in (Bosch) food processor until fine. Drizzle in honey while pulsing until mixture pulls together. Roll out and cut into desired shapes with cookie cutters or simply cut into squares with knife, laying on parchment (or Silpat) covered cookie sheet.
- Bake for 10-15 minutes.
- Optional add ins: 1 t. almond powder, vanilla powder, cinnamon, and/or 1/4 c. fine ground nuts of choice.

## Peanut Butter No Bake Bars

By: Debbie Deitz of Wholy HomeMade

1 1/2 c. fresh rolled oats  
 1/2 c. shredded coconut, unsweetened  
 1/2 c. golden raisins (or any dried fruit)  
 1/2 c. chocolate chips (I use milk chocolate)  
 1/4 c. toasted almonds, chopped  
 1/4 c. pumpkin seeds, chopped  
 2 T. flax seeds, ground  
 2 T. chia seeds  
 1 t. vanilla powder  
 1 1/2 t. cinnamon  
 1/4 t. sea salt

### Wet Ingredients:

3/4 c. banana (mashed)  
 1/2 c. real maple syrup (or agave or molasses)  
 3/4 c. peanut butter (or almond, pecan, cashew, sunflower, etc – fresh made)

- ◆ Combine all DRY ingredients in a large bowl. In a smaller bowl, mash ripe banana, maple syrup and peanut butter.
- ◆ Pour wet ingredients into dry, and mix well.
- ◆ Spread mixture into 9x9 baking dish lined with plastic wrap or waxed paper. Press until flat.
- ◆ Place dish in freezer for a few hours or until firm. Remove bars from dish by flipping onto a cutting board and carefully cut into 15 squares/bars or logs.
- ◆ For easy grab-and-go snacks, wrap bars individually in plastic wrap.
- ◆ Store in fridge or freezer for up to a month. These bars soften quickly at room temperature.
- ◆ Makes 15 bars.

## PANCAKE/WAFFLE MIX

Margaret Loew

10 C freshly milled flour\*  
 2 C milk powder  
 1 C baking powder  
 1/3 C sugar  
 1 T salt

Thoroughly combine all dry ingredients. Store in the freezer to preserve nutrients.

### To make pancakes combine..

2 C mix            2 eggs            1/4 healthy oil

Cook on prepared griddle. Serve with favorite toppings.

Mill 3 C Prairie Gold & 3 C 7 grain mix ~ all have been soaked & dehydrated for optimal nutrition & digestibility.

## Molasses Granola

WholyHomeMade: Debbie Deitz

Created for the L'Equip Pro Dehydrator by Debbie Deitz of Wholy Homemade Ingredients

3 1/2 C. Soaked Spelt, Rolled  
3 1/2 C. Soaked Kamut, Rolled  
1 1/2 C. Soaked Prairie Gold Wheat, Rolled  
1/2 C. Golden Flax Seed, Milled  
3 T. Vanilla Powder  
2 t. Saigon Cinnamon  
1 t. Powdered Coconut Milk  
2 t. Almond Extract  
2/3 C. EACH: Pecans, Almonds, Sunflower seeds, chopped  
1 C. Raisins, soaked in warm apple or orange juice to plump  
2/3 C. Cranberries, Dried  
1 C. Organic Virgin Coconut Oil  
3/4 C. Molasses, dark  
1/3 C. Honey  
1 C. Water, boiling

### Directions

Add all ingredients in large mixing bowl in order of list.

Stir until well mixed.

Spread thinly onto parchment paper lined dehydrator trays. Dehydrate on 120\* for 8-12 hours.

Remove from trays and store in quart sized jars.

Thank you for joining us today. We are sorry Debbie was not here in person, but we certainly appreciate all her contributions! You are all very special to us! Join us again soon for another adventure, living life WHOLY!